



# A Witch's Primer

Ariel Gatoga



## Lesson 4: Trance Work

When we're working magic or making contact with spirits, our minds need to be tuned to a different frequency than that of our normal day-to-day state of mind.

Magic works on different frequencies than the mortal world. In order to access those frequencies, we must train ourselves to enter into what is often called a magical trance.

Magic only works when we are able to access this deep mind. We have to be able to access that mind at will while remaining awake. Once we are able to master those modes of consciousness, then the real training begins.

### Methods of Inducing A Trance:

Anything rhythmic like ritual drumming, ritual dancing,  
Anything repetitive – weaving, spinning, driving a car, watching television, listening to music –

You can enter a trance also by simply closing your eyes and relaxing your mind and body.

\*Listen to the lecture for important information about how to properly come out of a trance state.

Homework: Keep working on the grounding and centering and the elemental purifications, now adding The Orb of Light (Lesson 4 Meditation). It is a wonderful trance induction as well as a spiritual purification that reinforces your aura, which becomes protected, purified, and cleansed.

Practice once or twice a day.