



A Witch's Primer

Ariel Gatoga



Lesson 12: Raising and Directing Power

This week you will add to your practice the raising and directing of power. After raising this power, there are three different ways you will practice directing it – through the palms of your hands, through your athame, and also through your wand.

Homework: First you will do your grounding and centering, your Orb of Light, and start raising energy by opening your energy centers and aligning the five bodies that we have been building. From there, you begin deep, rhythmic breathing.

While you're in that state, begin taking very deep breaths, in and out of your nose if possible. As you inhale, feel the energy moving up the right side of your body, going over your head, and as you exhale the energy travels down the left side of your body.

You'll do that about five times, inhaling up the right side of your body, and exhaling down the left side of your body. After about five of those circuits, realize that visualization is on autopilot, as you direct your attention to the energy coming up the back side of your body on the inhale and down the front side of your body on the exhale.

After you've done that about five times, you're going to see and feel those dual circuits of energy. Coming up the right and coming up the back, coming down the left and coming down the front, around and around and around. After you've felt that for a few minutes, you're going to continue your rhythmic breathing and feel the energy coming straight up through the center of your body on the inhale, shooting up, out through the crown of your head on the exhale, and showering back down around your body in all directions, 360 degrees. Do that for about five breaths as well.

From there, you have the opportunity to decide how you're going to play with it. The first couple days, sit in a chair or on the floor with your palms facing one another, about in front of your solar plexus area, comfortably, with palms facing one another relaxed, almost like little cups facing one another, and just start to play with the energy in your palms. Feel them coming in toward each other and away from one another. Start to feel the magnetic draw when they come in toward one another, and feel the projection as they go away from one another. Start to feel those polarities of magnetism and projection.

The next day, get a big bowl or cauldron, fill it with water and add sea salt. When you're raising energy, you will direct this energy into the bowl of water because the salted water will neutralize the energy. That way you can feel comfortable with raising and directing as much energy as you want to without worrying about a residual psychic effect.

The first few days that you're working with directing energy, work with directing it straight from the palms. The first times that you do this, just notice what it feels like when you gently will the energy from the palms of your hands toward the cauldron or bowl of salted water. Start to see what that feels like. After you've gotten comfortable

with that, start playing with visualizing colors. Start with safe colors such as white or blueish-white light.

Once you get good at seeing beams of light coming from your palms in those two colors, then start working with doing the same thing using your athame. See what it looks like to direct that energy and notice the difference between when you're using the athame versus when you're using your palm.

Try using your athame holding it with two hands, try holding it with one hand. Try directing your athame at the bowl of water and put the other hand pointing straight up and see if you can direct energy from the sky to the earth. Then practice the opposite, directing still the energy with your athame toward the bowl of water but with your other hand pointing toward the earth, and feel like you are directing energy from the earth into the bowl of water.

Try that in whatever way the energy wants to come out at first. And then color it white and then color it that bunsen burner blue.

Once you get comfortable with your athame, try it with your wand. Notice the difference between those two tools and how they each direct energy.

Once you are comfortable using those two tools, and directing different kinds of energy, then you can start to color the energy differently. With your athame, try some fire colors, try some orange colors and some red colors. Again, since you're directing energy into a bowl of salted water that's neutralizing the energy, you can pretty much do whatever you want, color it however you like. When you use your wand, you may want to use some air colors, like silver or blue or pale yellow, or green. See how they feel directed through your wand.

Once those are feeling comfortable to you, you can try directing energy from your other two elements as well, although they aren't as easy to direct energy with. You can direct energy with your chalice.

But notice, if you hold your chalice with two hands with the cup facing out, it's not going to be an active form of energy, it's going to be more of a shower of energy, so it's not as good of a tool for directing energy but it's still a worthwhile practice. With your pentacle, it's more of a shield than it is directing energy, but you can still try it and see what it feels like.

After you get good at all of this, try different shapes of energy coming out of your tools. The athame is really great with this because notice how you can use that cutting-edge side of your athame to make a spray of energy that's going down into that cauldron of water.

Remember, you're not coloring the energy in your body, you're coloring the energy as it leaves the tool. Until you get good at your target practice, don't do anything practical with it, this is just playing with directing energy.