

# Witchcraft

## Beyond the Basics



With  
Ariel Gatoga

### Week Six 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 MIRROR MAGIC

Continue to work the mirror magic daily. 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 though the idea of self love and self approval.

#### III 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.

#### IV Gratitude

Find time daily to list that for which you are grateful. See how many things you can list by the end of this week. Let your goal be at least 100 items.

#### IV Review Daily Practices

Notice which, if any, daily magical practices you tend to avoid doing. Write down the reasons for which you don't like doing those practices.

Ask yourself if there is anything within you that is trying to avoid having success in your magic by avoiding your daily practice.

#### V Personality Facet

Work with the included meditation to integrate a personality facet that may be at odds with a purpose are working toward

#### VI Letting Your Spell Go

Once you have completed a spell, notice if there is any anxiety, worry, impatience or other tense emotion you are carrying associated with your spell.

Choose the end result essence for your spell.

Find time during each day to focus your mind on this essence and do your best in these sessions to drive any thought of your desire from your mind, while focussing instead on the essence.

#### V Extended Daily Relaxation

Begin to extend your daily orb of light meditations bit by bit, allowing yourself to focus on the light and the deep relaxation. You may also choose to focus on one of the end result essences during your session. Allow yourself to periodically scan your body for tension and relax. Allow yourself to periodically scan your mind for tension and slowly bring it back to the image of your orb of light and/or the essential quality you are working with. Bit by bit, over time expand your session to 20 to 30 minutes. You may also find that you can eventually extend this into 2 sessions per day each for 20 to 30 minutes. Don't rush this. Extend your times slowly and gently.