Week One Notes and Homework:

I PUT AWAY ALL MAGICAL TOOLS FOR THE NEXT 6 WEEKS

This class is advancing your magical abilities quite profoundly. One of the methods we will be using is to “fast” from all magical tools during the time this course is active. Put away all magical tools and altars. Avoid using any magical oriented candles, incense, washes, powders, wands, blades, etc. It is fine to have candles and incense in your home for purely aesthetic reasons, but there should be absolutely NO magical attributions given to them during this period. The same is true for things like bath salts and essential oils. They are fine to use during this period for aesthetic enjoyment only, but not as a focus for your magic.

You will return to any or all of your tools as you desire after the class is completed, and as a result, most people will tend to find that their relationship to their tools is much more powerful after doing this work. We will be working with your magical powers as they exist in your own power bodies during this class, but not as externalized by symbolic tools. It is also recommended that you refrain from other magical or occult systems during this 6 weeks in order to keep focussed. You will be expected to uproot all superstitious actives and beliefs that hinder your magical effectiveness during this period. You will begin to activate great power hidden deep within you, and the results may, especially at first, surprise you.

Some exceptions to the “no tools” rule:

- You will be using paper and pen (but no magical alphabets, write only in your own native language and alphabet for this time period). A daily magical diary or journal is still recommended. You may also use a simple notebook or loose sheets of paper for any writing exercises as you prefer.

- As in WBB, You may still occasionally find using a mirror helpful for some magical work, but it need not be consecrated for the work in this class. A regular bathroom mirror or hand mirror is sufficient when necessary.

- You may use the provided guided meditations, but only for the purpose of learning the techniques outlined. Begin to work the operations on your own without the audios as soon as possible.

If you find doing magic without tools too difficult in your present state of magical development, you may want to just listen to the lectures, and read the lessons, but wait to do the actual work of this class until you have more magical experience, perhaps either reviewing A Witch's Primer, WBB, or other systems.

II REVIEW AND/OR UPDATE YOUR GOALS

Take this week to review the goal setting exercises outlined in WBB.
If you haven't taken WBB, then you can simply make a list of things that you want to BE, DO and HAVE, along with a list of problems in your life that you want solved or healed.

Choose ONE goal to work on first, which you feel you have the highest level of desire, regardless of where you feel it is in your sphere of influence.

III WORK WITH ABSTRACT POWERS AND PRINCIPLES

During this class, avoid working with any named deity, angel or entity, or even planetary powers, but substitute instead the ideas of abstract principles. Some examples would be, Perfect Love, Infinite Intelligence, Divine Order, Perfect Peace, Forgiveness, etc. rather than Brigit, Raphael, Athena, Gabriel or Quan Yin. Remember that this is only for the purpose of this 6 week training period. Most people will return to using deity and angelic names as well as planetary magic, but will notice that in working with them after this course, they have a much more personalized understanding of what those powers are and will have eliminated most, if not all, superstitious beliefs surrounding all such entities and powers.

IV WITCH'S TRANCE

Daily perform your grounding and centering and orb of light work, and enter your trance. Use the guided meditation included with this lesson to establish the habit, but ween yourself off the audio meditation and find your daily trances on your own by no later than Week Two of this course. Daily trance work twice per day is best. Be sure that you exit your trance fully each time and establish a definite waking state. Ideally, you will be using the trance as part of your daily spell work, but if you are not working a spell, then practice your trance work as a type of daily meditation for 10 minutes or so at a time, twice each day, soon after waking up in the morning, and also soon before retiring for sleep each night.

If you don't have much experience with Grounding and Centering and The Orb of Light exercises from AWP and WBB, you may choose to work with the guided meditations from those courses for a few days prior to starting the more advanced trance work included here. There is little detailed instruction on either of these techniques in the recording provided with this lesson, as it assumed you are already quite familiar with this work.

V DAILY CONTEMPLATE THE PHASES OF YOUR MIND

The Sun represents the masculine or “God” phase of mind, also known as the conscious mind, or “Seed,” “Sperm” or “Fertilization.” The conscious mind makes decisions and choices, and impregnates these decisions into the feminine phase of mind. This masculine phase of mind chooses the desires for which you work magic. It also can create unwanted experiences in one’s life when it is making choices by default, either being controlled by personal fears, worries and habits, or when it is under the influence of any larger group minds.

The moon and the earth both represent the feminine or “Goddess” phase of mind, also known as the Deep mind or Subconscious mind. This phase of mind is responsible for germinating the seeds planted by the masculine phase of mind. She does not make choices. Any and all seeds deposited within her get germinated. The dominant seeds (beliefs) are the ones which survive and the weaker ones tend to die off.

The Earth represents the “field” on which is realized the sum total of our beliefs about ourselves and the world, not only personal beliefs, but also those which are part of the group minds of our household, family, community, country, race, etc. In magic we are working to change our beliefs which will conform to our desires in order to achieve results in our lives, many of which require us to rise out of the mass beliefs held in the various group minds of which we are a part. Our consciousness is our true reality, and the Earth (our experience) is the mother who gives birth, or bears witness to, our invisible consciousness. Therefore, it is not the circumstances in our lives which we are attempting to change, but our deeply held beliefs which are being shown to us by the circumstances in our lives. Circumstances MUST change when our beliefs are changed, as surely as the grape seed must produce a grape vine and not a dandelion. Changes in our lives are permanent when our beliefs are changed in our deep minds, and kept changed.

The moon and the earth work in tandem in relation to the feminine cycles of birth, death and rebirth. For this class, we will be considering the lunar phases in a different manner than in other classes. These concepts are not intended to supersede or replace other concepts in your ongoing practice, but for the purpose of this class, focus on the concepts as outlined, at least until the end of this course.

During the waning moon, less and less of the sun is reflected on the face of the moon, which for us represents the tidal drawing INWARD from the conscious mind into the deep mind. During the waxing phase of the moon, more and more of the light of the sun is reflected on the face of the moon, which for us represents the tidal drawing OUTWARD from the deep mind into the conscious mind. It can be helpful to think of the lunar phases as controlling the tides in your mind, much like they control the tides of both the ocean and the menstrual cycles. All beings have magical menstrual cycles, regardless of whether their bodies appear to be male or female. It is important to take time to discover how the lunar cycles affect you personally rather than only thinking in terms of “Waxing=growth” and “Waning=elimination.” Lunar tides can be extremely personal. As you get to know your own monthly cycles you will notice that you are capable of much more powerful magical work than ever before.

For this course, we won’t be working with so-called “banishing” magic directly, but will be focussed entirely on creating a desired outcome, therefore it is not important which phase of the moon you are working with, but instead focus on the desired outcome, while being ever aware of discovering how each phase of the moon effects you in terms of the tides flowing out (unconscious to conscious, or waxing) and the tides flowing in (conscious to unconscious or waning).

VI DAILY SPELL WORK

The spells we are working in this course are purely mental magic, and are of immense power. The simplicity of these spells often cause people to disregard them, and that is why they are often considered to be “advanced.” Often, only the most advanced practitioners will work with magical powers directly, rather than working with them through symbols.

1. First choose the goal for which you have the strongest desire. Write down in as much detail what the accomplishment of this desire will look like. For instance, if you are wanting financial prosperity, how much do you want? What will your weekly or monthly income be? What will your net worth be? How much will you have in savings, etc.?

If you are desiring to eliminate or heal a problem, make sure to decide what the positive desire would be as the outcome of that elimination or healing. For example, if you desire to banish debts, your desire might be a larger income, and a higher credit score. If you are trying to heal a physical ailment, your desire would be for health in that area. If you are trying to banish depression, your desire would be for joy and happiness, etc.

2. Having defined your goal, decide on an image that will assume the accomplishment of your desire. For instance, you might imagine a phone call with a loved one in which you are telling them of your good news, and hearing them congratulate you. Write down in detail what this little movie consists of. Try to keep it short but complete.

3. Every day, within 2 hours of awakening, and then again as close to retiring for sleep each night, read your desire out loud, slowly and feelingly, three times, as if it is an accomplished fact now. For example, “My FICO credit score is over 800. I am so happy and grateful for my wonderful financial prosperity. Perfect love now permeates every part of my mind, emotions, body and finances, making all of my life healthy, happy and wealthy.”

Next, establish your witch’s trance, and mentally go over your movie with your eyes closed at least three times. It is important to remember that feeling follows thought. The spoken words you choose, and the mental movie you compose, should bring you a sense of positive accomplishment. Your emotion should be that which would occur were your goal an accomplished fact. A sense of gratitude will always accelerate your results.

After you are finished with your night time operation, lull yourself to sleep with the feeling that you have already accomplished your desire, and use a word or short phrase symbolizing its accomplishment (examples are “WEALTH” or “SUCCESS” or “HEALTH” or “IT IS ACCOMPLISHED” or “ANSWER” or “PEACE” or “My Skin Is Getting Clearer Each Day, or “My Sales Increase Daily”, etc.). Repeat your word or phrase over and over again as you fall off to sleep, in the feeling of the joy that your desire is already accomplished.

4. Again, it doesn’t matter in which phase of the moon, or day of the week you are doing this work, but do notice the difference in feelings between lunar phases in regards to whether your unconscious mental tides are flowing in or out.

5. Stay with your daily spell work until you have the sense that it is done, and you no longer have the desire to work on this goal any longer.

6. Immediately busy your days with enjoyable activities and keep your attitude positive. In most cases a spell will manifest when you least expect it; therefore when you are not working on your spell, keep yourself busy with positive activities. Whenever you do happen to think of your spell, be sure to think of it lovingly and with gratitude that it is already accomplished in the mental planes and will be manifest on earth in due time.

7. Avoid trying to figure out the means by which your spell will manifest. Leave the ways and means to the infinite genius which resides in your deep mind. Your conscious mind is only responsible for the what, not the how.

8. During your day, watch your words, thoughts and emotions. Any time you notice yourself saying, thinking or feeling anything which is negating your spell, reverse it immediately. This is mandatory. You must not allow your mental habit patterns to undo the work you are doing. Find a simple phrase that you can say which reverses any negative thought. Either a simple affirmation, or rhymed chant will work. For instance, if you are doing a spell for good grades, and you notice that you are complaining or worrying about how hard a class is, you might say to yourself “The supreme intelligence within my mind is the same intelligence that keeps all the planets on their course. This genius is within me always and is now guiding me now in all my school work, and my success is assured. I give thanks for my inner genius that always knows the right answers now and always.” Or simply “The infinite genius in my mind is guiding me now and always.” If you have 100 negative thoughts or feelings in an hour, neutralize them each and every time with your affirmation or chant.

9. As with all magic, keep your work secret. An exception to the secrecy rule would be if you are working magic with a group of people wherein you are all working spells for each other, in which case the entire group keeps secret all workings done by the group. Another exception would be if you are getting help or instruction from a teacher or in a class, in which case the teacher and class all keep your work secret.