



A Witch's Primer

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Lesson 9: Power Base Pt. 4: Earth Body

The earth body is anchored to the side of the pyramid called secrecy. The earth is the body of manifestation. The ability to keep healthy secrecy is of utmost importance when you're working magic. You are building up power as you are working magic and that power is expressed through the earth plane. If you start talking about your magic, you're giving manifestation through words and your magic is not able to go to full fruition.

The only people you should discuss your goals with are people who can help you manifest those goals. In addition to not wanting to dissipate the energy, you do not want your magic or goals, or anything important to you, open to ridicule or scorn, or mockery by people who don't understand. That's why a lot of people don't let it be known that they are in the craft to anyone outside it or, sometimes, anyone outside their own coven. We don't want to have to be in a position to have to defend what we're doing because that blasphemes the actual process itself. There is great power in silence and being able to maintain secrecy.

Homework:

Silence: See how economically you can use your words. Notice how much you talk. How much of your talking is unnecessary? This week you're going to take time to question whether you need to say something and speak only that which is absolutely necessary. The rest of the time you're going to keep silent. You'll notice that when you do that, your ability to listen becomes acutely enhanced.

Meditation: Start out with your grounding and centering, then your Orb of Light, then sit and have little cycles of silence. You're going to enter the silence, and allow your mind to organically come out of silence. Even if it's only for half of a second or a millisecond, you're going to go into this silence where you have no thought in your mind. You can't force this to happen, you just follow it, you allow it, and you intend to have a moment of silence. So just for an instant, enter the silence, and then your mind will organically come back out of it. Follow the thought and then gently intend your mind back into the silence. Do that for several cycles. If you could even do that for five or ten minutes. Don't worry if you can't get absolute silence in your environment. If it's helpful you can try earplugs. Mostly what we're looking for is having a silent mind for an instant.

Physical: Food: Your diet must include foods that have high degrees of life force. These are fresh fruits and green vegetables, whole grains, legumes, nuts, and seeds. Rather than changing your diet, whatever you're not eating, make sure that each meal includes some of these. Gradually, over time, increase the number of high life force foods so that they become the bulk of your diet, rather than thinking about what are you going to deprive yourself of. We're not thinking of this from a nutritional perspective, we're thinking about energy and power and life force. Life force on our planet comes from the sun.

These foods that are rich in life force, you could think of as being solar-powered. When you take that solar energy into your body by the foods that you eat, plus the

breathing that you learned, plus the exercise that you're doing, and then being able to conduct that energy properly while being well hydrated, you will have more magical power available to you for your operations.

Nature: If possible, find some time to be in nature. If you are not able to spend time outdoors because of the weather, you can get some potting soil or a houseplant or use some crystals or stones, something with some alive earth energy. Ultimately you would want to be on a seaside or under a tree or at a park if you can't get to the woods.

Physical: Rest: You need to rest your body. When you need sleep, you've got to go to sleep. If possible, sleeping at nighttime is good. Our bodies are not made to be nocturnal. If you are a day sleeper, do everything in your power to block out that light. Rest is of such importance to witches and magicians because that's how we recharge, that's how we become stronger.

You've got to get six to eight hours of sleep a night. Another good thing about rest is to have a break from routine. If you don't take a day off from work, you should take at least one day. It's also a good idea to take a day off from your craft. Try to plan a day where you do minimal, if anything, on your craft. Part of moderating your power is knowing to give it a rest. If you can find a way to get away from your surroundings for a couple of days to a week – a vacation. That will do you so much good, magically, because you're charging your batteries on a different level, by giving yourself something new.

Recap: It's important that we develop the ability to keep good secrets. Every kind of secret should be a healthy secret because to keep something secret is to make it sacred. Learn how to keep silent. See how little you can speak.

Meditation: Practice going into the silence, working up to 10, 20, or even 30 minutes a day of getting glimpses of silence in your meditation. If you would like, you can hold a pentacle in your lap while you do this exercise so that you are geared toward the appropriate tool of the earth.

Physical: Add foods rich in life force to your diet.
Get appropriate rest.

These elemental bodies are the backbone of your entire practice forever. Just because you've completed five weeks of work on these, that doesn't mean you should stop. The more you can keep that balanced and strong, the better.

Remember that there is no rush. Take it easy. Do not worry about being perfect. You're not here to be perfect, you're here to do your best. Perfection is not the purpose of these exercises. We're here to build.