

High Magick Lesson 7: Elemental Magick

In previous lessons, I have had you pulling energy from the various elements and transmitting it to your battery. I think I explained some of the reason for doing this to you at the time, but there were other reasons as well.

- I wanted you to get a feel for that kind of energy, to be able to tell Air energy from Moon energy and so on.
- I wanted you to be able to increase your powers of visualization.
- I wanted you to reach the point of KNOWING that you COULD do this, because you WILL need that faith.
- I wanted you to know what the different energies felt like so you would set up a subconscious correspondence table.
- I wanted you to find out which of the elements you work with the easiest.

All of these are important since part of what we will be working with in this unit relates directly to those exercises. You know what the energy feels like, now it's time to discuss the magick associated with that energy. I will also give you several more exercises for energy work, all exercises that I have done in the past, with really surprising results in some cases.

Now, as promised in the last lesson, I will start with the final energy source that I use, which is the Stars.

It makes sense. You have the four classical elements of Air, Earth, Fire and Water, the Sun and the Moon; it is a logical extrapolation to have the Stars as another power source.

I use the Stars in my own practice as a source of power for the best of purposes, what I call "lily white" in nature. These purposes are where there are no gray areas; they cannot be misinterpreted for any reason. Only the best motives need apply. Examples would be Healing of others, settling souls that died in their correct place, ending conflict and spreading peace and calm. I pulled heavily on the Stars when September 11th happened and I worked on helping those newly dead people go on to wherever they were supposed to go. I sometimes refer to the Stars as "God's battery".

I'll give you my correspondences for the Stars later in this lesson. However, let me say that many metaphysicians would not agree that they should be used as a power source. I believe that star energy is the same ambient energy that one can feel on a moonless night, when it seems as though the entire universe is close to you. That high-pitched hum that shivers your bones during those nights is the stars singing in the darkness, talking to each other, sharing stories, talking about the beginning of time until now. One can learn a lot by listening to them.

I tend to group the 4 classic elements as the "Terrestrial Elements" and the Sun, Moon and Stars as the "Celestial Elements".

Generally, the Terrestrial elements are used as power sources and for work here and now. The Celestial elements are used as an energy boost; the energy comprises parts of many different energy sources. Attributes that are usually associated with one element are combined in Celestial Elements. For instance, Sun energy combines the best qualities of Fire and Air (for the gasses in it) as well as masculine energy.

Let me stress something before we get too much further. These are the correspondences I have come up with, it is what is comfortable for me to use in my own practices. Out of courtesy it is good and wise to use the correspondences of those you are working with in group practice, and your own correspondences in private practice. You should use whatever system of associations and energies in common practice in the tradition you decide to follow, at least initially. Once you get used to using these elements, used to the way the energy feels to you and what associations you make to each, then you can use them in private practice as you see fit.

Use my words in this lesson as a guide only, not as the final word.

The first element we will look at is **Fire**

This is the standard "symbol" in most Classical Magick references to the element of Fire. Note, the color of the triangle is my own associated color, not what is normally associated with this element. The picture is there to help visualize this element for you.

Associations:

Gender: Male

Astrological: Active

Direction: West

Elemental: Salamander

Archangel: Uriel

Time of life: Old age/Death Moon

Moon Phase: 3/4 Waning to New 

Goddess/God: Crone/Guide

Color: Red/Yellow

Season: Autumn

Fire rises and is active, therefore, like the male phallus; it is seen as being male, rising toward the heavens. It is considered active in Astrology because it affects things, instead of being affected by others.



The Alchemical Symbol for Fire

I told you about the "God's eraser" aspect of fire last lesson, but this brings up an interesting point; what allows fire to live?

Fire cannot exist in a vacuum, as we know, because it lacks oxygen to allow it to breathe and thus burn. And I'm not just talking about the actual flames here, but also the coals and the sparks. All of them need oxygen, and thus Air to ignite.

Also, fire requires a fuel to burn. I don't want to get into a discussion of various flammable liquids and gasses, but I will say that most of those sources of fuel come from the same source as the most plentiful fuel source, the Earth. Earth (or some of the things that are dependent on the Earth to live and thus become fuel, like wood and flesh) is the primary fuel source for Fire and Fire exists between Earth and Air. Fire is dependent on Earth and Air to survive without either of these it does nothing. By the same token, Water will kill fire, so it is opposite of Fire.

I decided to put Fire as the time of old age for a couple reasons. When I was coming up with this correspondence a LONG time ago, there was no other element to place with old age, since then, I have found that for me, Fire represents the spark of life. As the body ages and starts shutting down the spark becomes more prominent and accessible. In some cases, the spark of life is so strong that it actually starts burning the body up so it can ascend to the next life.

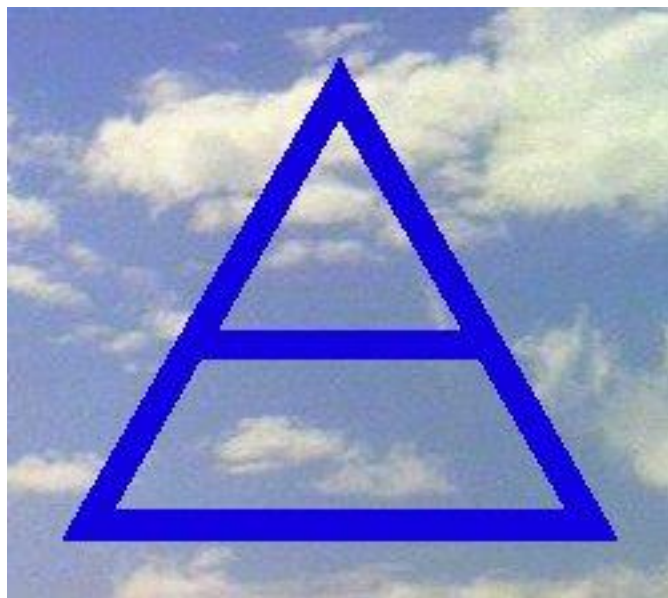
Autumn is the hottest time of the year, normally, and because of that, the season of Autumn fits perfectly with Fire. The classical creature of Fire is the Salamander. Uriel, is the classical angel of death, with Fire being associated with Death, this is the logical association.

Air

Once again, this symbol is the classical hermetic symbol. I read it as this: The triangle is the building block, the most stable structure in the universe, three lines, mutually supporting each other, leaning on each other so that any weight put on it is supported by all three lines, rather than just one or another. The triangle is pointing up, to show that the Air rises, just as the Fire rises. However, there is a line in the Air, denoting that it is the "ceiling" of the elemental world, just as the line in the Earth shows it as the Floor. Since Water and Fire have no lines in them, these two elements exist between the ceiling and the floor of Earth and Air.

Associations

Gender: Male
Astrological: Mutable
Direction: North
Elemental: Sylph
Archangel: Michael
Time of life: Pre-life/The Astral Plane
Moon Phase: New Moon ●
Goddess/God: Guardian/Warrior
Color: Blue (the color of the sky)
Season: Winter



The Alchemical Symbol for Air

Air is a cold element, to offset the Fire right next to it. The worst wind is the wind that blows out of the North. It is also the realm of the dead, both before birth and after death; many cultures place the afterworld behind the North Wind. The Celts, in fact, put the Spiral Castle behind the North Wind, where Arianhrod, (her name = Arian = Silver and Hrod = Wheel thus moon) and she has the most associations with magick and the dead, hence the triple (there goes that number again.) associations with the astral world, Winter and the North.

Air is an intellectual element. It's said that those who use this element all the time will gain the knowledge of the universe. It's also been said that the fact the Christian symbol of the Cross, which has an extended southern bar, representing Earth, and a shortened top bar, representing a lack of Air, is why many Christian faiths are concerned with things of this world and dismissive of those intellectual qualities that have been the hallmark of so many other religious orders.

Air is a very fast element. If Fire is the fastest in terms of energy, Air is the next on the list. With Fire, once the energy is moving toward a goal, it is really hard to control. It can best be described as being akin to riding the tiger where he only tolerates you being there. Air energy is like hanging on to a parachute during a whirlwind. Fast, furious and uncontrolled, ready to explode at any minute, your job should you choose to accept it, is to keep guiding that energy into what you want, because it's very mercurial and changes easily.

Sylphs are very interesting creatures. They like hearing music and smelling scents and bright shiny objects fascinate them (especially those that spin and dance to the wind's moods). But they are precocious and change their moods about what they want, what concerns them, what they like from second to second. I can attest to this since I work with the Sylphs all the time.

Air energy is a cool energy, frosty and effervescent. I enjoy feeling Air energy because it makes me feel lighter in spirit.

Once again, Air rests on Fire and Water, and both those elements make up Air. Smoke from the Fire rises to become one with the Air, as well as releasing other gasses, and the Water evaporates and makes the Air up in the water vapor. So each of those elements is supportive of Air, and Earth is the opposite of Air, since Air and Earth do not combine. If there is Earth in one place, there cannot be Air. While that can be true of Water too, Air will dissolve into Water and it will not in Earth. Many different kinds of plants create Air, but the Earth and all other things would be sterile without the Air to breathe.

Air also is a blanket around us. One of the reasons that there is snow on the mountains in July is because the thinner air does not insulate as it does in the lower regions of the world. It is also protective and screens out some kinds of radiation from the sun and space.

Next is the **Water**:

Well, this is one of my personal banes, Water. I enjoy the water, once I'm in it, but getting me in the water is a chore of patience (just ask my wife) and this is true for the pool, or the shower.

Once again the classic Hermetic symbol shows there is no line in the triangle. I find this symbolizes that it is between the floor and ceiling. It also points down, showing that it rests on the ground, in the lowest places there are. Those with even a rudimentary education in physical sciences can see this is true.

Associations:

Gender: Female

Astrological: Mutable

Direction: East

Elemental: Undine (pronounced un-dean)

Archangel: Gabriel the Herald

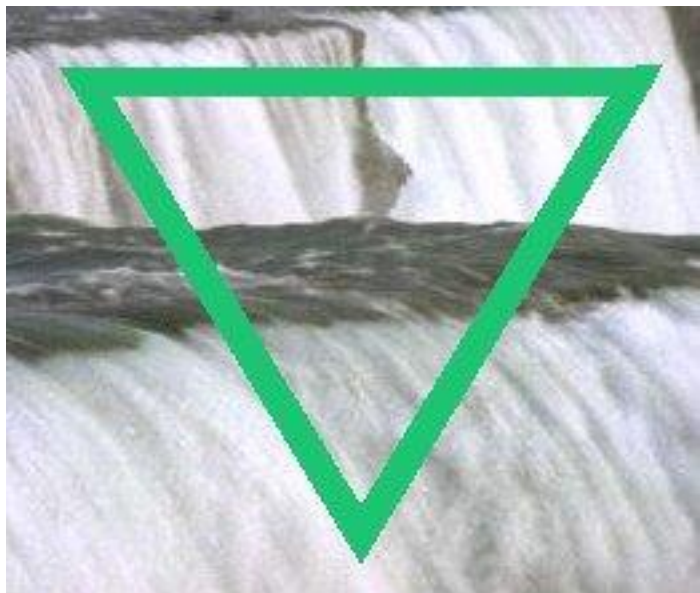
Time of life: Birth and Childhood

Moon Phase: 1/4 Waxing to full 

Goddess/God: Maiden/Wanderer

Color: Green (the color of seawater)

Season: Spring



The Alchemical Symbol for Water

The gender association I make in this element is confusing to many, till you remember that we all start out in water while we are alive before birth. Yep, I associate this element with amniotic fluid. We start our existence in Water, to the point that for a short time, we even have proto-gills. Then we are born.

This allows me to say that Water exists between Earth and Air. We need Air to live, the Earth to live on, and water to rehydrate our bodies or we will die. Since our bodies are made up of over 70% water, this is a natural association. Most often Water rests upon Earth, but the two mix readily enough to create mud and the water table. Air mixes with Water providing oxygen to the fishes and other marine animals.

Since we live in water for the first 9 months of our lives, placing Water as the beginning of our lives is a natural choice. If one stretches, one can understand how wishy-washy we are during that time, not one thing nor another, changing almost at a whim from astronaut to scientist to dancer to fireman to doctor to private investigator and so on. There are very few children who "know" what they want to be as an adult at this stage of their life and then follow through with that goal, and this is a very Water trait.

Astrology calls this a Mutable element, meaning that it changes a lot and causes changes in the environment rather than being effected. When combined with Air, this causes weather changes, since both are mutable elements and thus very unstable.

Since the East is the beginning of the day, and the Water is the beginning of life, the two being paired is natural. Gabriel is the Archangel who announces the new period of time, heralding the Dawn and announcing a new phase in life. In Christian magical tradition, he is the Angel who announced to Mary that she was to give birth to the Messiah.

One thing that MUST be pointed out is that Fire and Earth support life, but Air and Water are the medium in which life lives. If one took the plankton out of the Water, it would die, even if everything else were provided for it to survive. This holds true for the Air as well. Take the Air away from any animal on the face of the Earth, and you will have a dead animal very quickly. This does not hold true for those things that exist in the Earth. If you take the ant, the worm, the plant out of the Earth, it can still survive and possibly thrive. It's what makes hydroponics viable. So, half these elements are necessary for life, the others are critical for life.

The last Terrestrial Element: **Earth**

Earth is what we live on, like duh. It is what supports our home, holds the plants down, creates gravity to keep all things safe and secure. It germinates life, and in that it is the same as Fire, a catalyst to life. Anyone who has lain on the ground for an extended period of time can attest to the Earth being a living being. As such, we cannot do without it, although successful adaptations have been made to an Earth-less state. It is interesting to note that those who stay away from "Mother Earth" for too long, have difficulty readjusting to her "pull".


The Earth is the floor in this paradigm, just as the Air is the ceiling. As such the symbol of Earth has a line through it, signifying the "floor" state. It is a triangle pointing down, showing it is the bottom, as opposed to the top.

Associations

Gender: Female

Astrological: Stable

Direction: South
Elemental: Gnome or Dragon
Archangel: Raphael
Time of life: Adulthood and middle age

Moon Phase: Full Moon 
Goddess/God: Mother/Hunter
Color: Brown (as seen from space)
Season: Summer

Many people from the dawn of time have referred to the Earth as "Mother Earth" or "Mother Nature" and as such, we have believed a female soul for the Earth. This is only fair since in some cultures, the Goddess is supposed to be in the Earth someplace, controlling the fertility of the Land. See the myths of Persephone and Freyja's descent into the earth in search of her magical necklace, Brisengamen.



The Alchemical Symbol for Earth

Since the Earth is also linked to material things and many parents are focused on providing for their children and families, putting parenthood in this time and element is a natural resonance. While I understand that many parents are not focused exclusively on the physical and the acquisition of money and things, it does take up an enormous amount of time and energy, simply to provide for child(ren). As a parent I know that this is one of the overriding drives in my life right now.

Earth is opposite of the Air, so if the Air is in the North, the Earth must go in the South, by necessity. The Earth supports Fire and Water, as well as the Air.

(Just as an aside, the directions of Fire and Water are interchangeable as to which goes in the East, and which in the West. Since for a long time I lived on the East coast and since I now live closer to the East Coast than the West, I put the Water in the East, rather than in the West.)

Some traditions support the belief that Raphael was the Archangel put in charge of guarding the Garden of Eden, and keeping Mankind out of it. The Garden is connected with All that Mankind needs to succeed and live without toil, since this is the time of life when we are toiling for our survival (according to some), the connection between Raphael and all that is material is natural.

Soil is brown in color, not green. The plant material may be green, and it may be the plants that provide life to us, but ultimately it is the soil that enables the plants to grow. It is the soil that holds the plants erect, that starts the germination process, the soil that holds the nutrients and nitrogen to nourish the plant. Now, granted all this can be put into a liquid and the plants roots suspended in that, but ultimately it is easier to just put the plant in the soil.

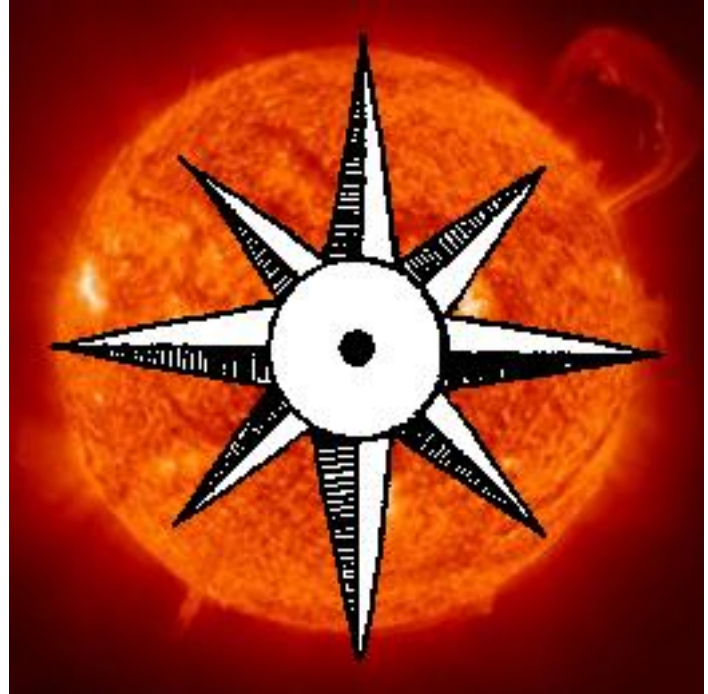
The Sun

Life-giver, fire of creation and God of life.

Associations:

Gender: Male
Astrological: NA

Direction: Above
Elemental: NA
Archangel: NA
Time of life: NA
Moon Phase: NA
Goddess/God: Any Sun God, Ra, Apollo, Zeus, or any other. There are some Goddesses associated with the Sun, Geb, Brigid and others.
Color: Gold
Season: the entire Year



Alchemical symbol for the Sun

If the Elements are the Terrestrial elements that give us life and that are closest to us on

THIS plane, the Sun is the most powerful of the Celestial elements. It is so powerful, that much of the time it interferes with our abilities in the psychic realm (from my observations). It is a tremendous energy source, freely giving of its energy to those who need it. Indeed, that is its purpose in life, to create energy and give it to us. This is why it seems to fling energy at us when we start pulling from it.

This element combines the best qualities of Air and Fire, both male elements, both very powerful in nature. The energy is very fast and can overwhelm those who use it rather quickly, as many of you found out when doing the exercises. Because it is so fast, pulling energy on it for instant spells and for those situations where you need a huge pool of energy quickly, the Sun is the first source many should think of.

However, just as the Terrestrial Elements have their problems and their bad side, the Air is home of the tornados, the Water floods and destroys, even just dripping on one place over the centuries will destroy the stone. The Fire burns out of control in some cases and wipes the slate clean to start again, and the Earth has quakes that smash anything that sits upon it. The Sun can burn and once the energy is moving one direction, it HAS to be monitored because there is a tendency to get away from the practitioner.

To counteract this, because of the strength of the Sun and the ease of acquiring the energy, it is one of the best sources for any purpose that can be found. The only times one must beware of the Sun's energy is during the Winter when the Sun is further away and weaker, and during the night when it is not in the sky.

So, we come to **The Moon**

The next Celestial Element, our Mother, the Lady, She who changes each month.

Associations:

Gender: Female
Astrological: NA
Direction: Below
Elemental: NA

Archangel: NA
Time of life: NA
Moon Phase: All of them
Goddess/God: Diana, Ceridwen, Arianhrod, and any number of others. There are a few gods associated with the Moon as well.
Color: Silver
Season: NA



Alchemical symbol for the Moon

In opposition to the Sun, the Moon cycles much faster and exerts an immense force upon us. I would like you to think for a little while about just HOW much influence the Moon has on us. There are the tides, the cycles of the body (including the menstrual cycle and male cycle as well), the fact that if you dig a hole in the full moon, there will be more dirt than the hole can contain, and if you dig a hole in the New moon, there will not be enough dirt to fill the hole. There is anecdotally more accidents and calls on the Police and medical services during a Full Moon than at any other time. Scientists tested clams that open during a specific phase of the moon, removing them from the ocean. The clams continued to open at the moonrise time they had previously been accustomed to, until the scientists artificially "changed" the moonrise time. These are documented facts, and I'm sure with a bit of searching, you can find any number of Moon lore sites for additional information.

Heck, the term "month" comes from the Moon; it was the first calendar of our ancestors. Lunacy is directly attributable to the insanity one is prone to during the Full Moon. I have surmised that the thousand years that Methuselah lived according to the Bible could be a thousand month, or cycles of the moon, which relates to approximately 80 years on a solar scale. The Moon exerts a HUGE influence over us, and in these modern times almost no one thinks about it.

I already discussed the Stars above for a little bit, so I won't go over them again. However, it is germane to this to mention that if each of the celestial elements have a direction, then the Stars are within.

Putting these in a 3 dimensional model, the Air is in the North, the Earth in the South, the Water is in the East, and the Fire in the West. The Sun is above and the Moon below. Stand a person in the exact center, and Man is made of each of these elements. The Stars are internal, and we are part of them.

Indeed, a well-known poster stated that every part of our bodies was once a part of a Star. Most magickians believe in the Macrocosm and the Microcosm, and one of the basic beliefs of Hermetic magicks is "As above, so below". What this means is that our bodies reflect the universe, and what we find internally is reflected in the Universe. The orbits of electrons in the atom is comparable to the orbits of planets around the Sun, the orbits of stars in the galaxy, and the orbits of galaxies around some as yet unfound point. All is reflected in each other.

The color of the Stars is Platinum, the highest vibration rate for a metal used in metaphysics. Silver is the lowest, Gold is next and Platinum is the highest. There is a reason the Sumerians called Bahamut the Platinum Dragon, and AD&D adopted it.

The above information places the elements on to a 3-D cube, but what if we alter the cube to a 2 dimensional pentagram? The pentagram that so many of us know is prime for this one. Put Air on the first point to the left of the top, Water on the next clockwise, Earth on the next, and Fire on the point to the left of the top point. On the topmost point put the element of Spirit, which comprises all three of the Celestial elements and you have it. Or put the Stars at the top point, the Sun in the Center and the Moon as the Circle around the pentagram.

I'm sure you can find more geometric shapes relating to metaphysics that work.

There are a few other elemental structures that we need to look at now.

First are the Druidic elements, also called the Dhuille.

There are nine elements in this system, and three means to work with them, Internal, External and Directional. This is the full chart.

Internal	External	Directional
Face	Sun	South
Mind	Moon	Inwards
Blood	Sea	West
Breath	Wind	East
Head	Sky	Above
Hair	Green World	Outwards
Flesh	Land	Below
Bones	Stone	North
Spirit	Clouds	Through

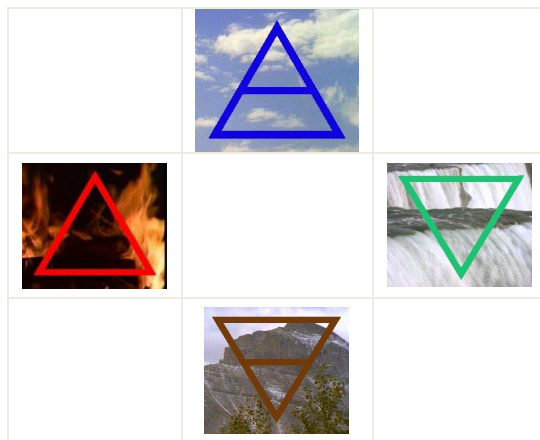
I have only worked with the External correspondences, and even then it has only been the short list of Air Earth and Water. You will notice that Fire is lacking from this model, as the Druids believed that Fire was sacred to the Gods, because of its power to erase the pallet and start again.

I saw the Chinese system of elements and it was very interesting. Instead of using Air Earth Fire and Water, they use Wood, Metal, Water, Fire and Earth. Hermetic magickians believed Metal and Wood were part of Earth so did not need to be explicitly stated again.

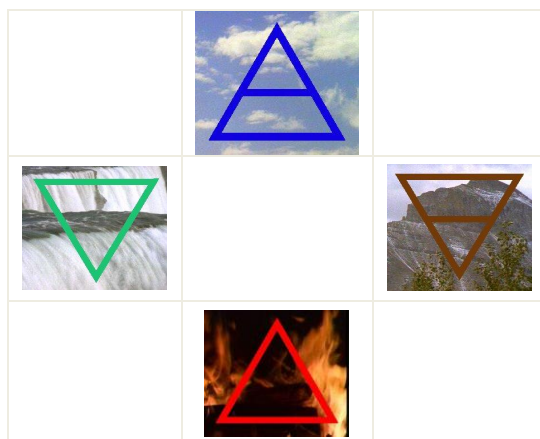
This elemental system passed down from the Emerald Tablet is not sacrosanct. Many other ways of using the elements have been practiced over the centuries and they are just as correct as any other. My own means of using the elements is not written down anyplace other than in this lesson and my book of shadows. This is what works for me, and there are many who change the directional associations to what works for them.

I already directed you to Mike Nichols' article and I have told you about what I use. Now I'm going to show you on a web page what the relationships look like when put out there and arranged in a visual matrix. Oh, you can copy the pictures for your own use if you want to. I made them and have released them into the public domain already, which means there will be no copyright violation if you use them.

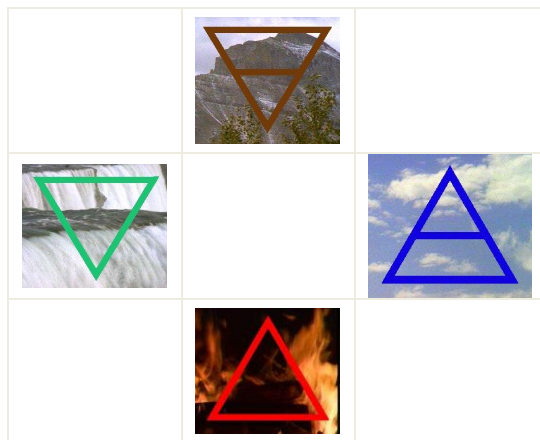
My arrangement (excluding the Celestial Elements)



Mike Nichols' arrangement

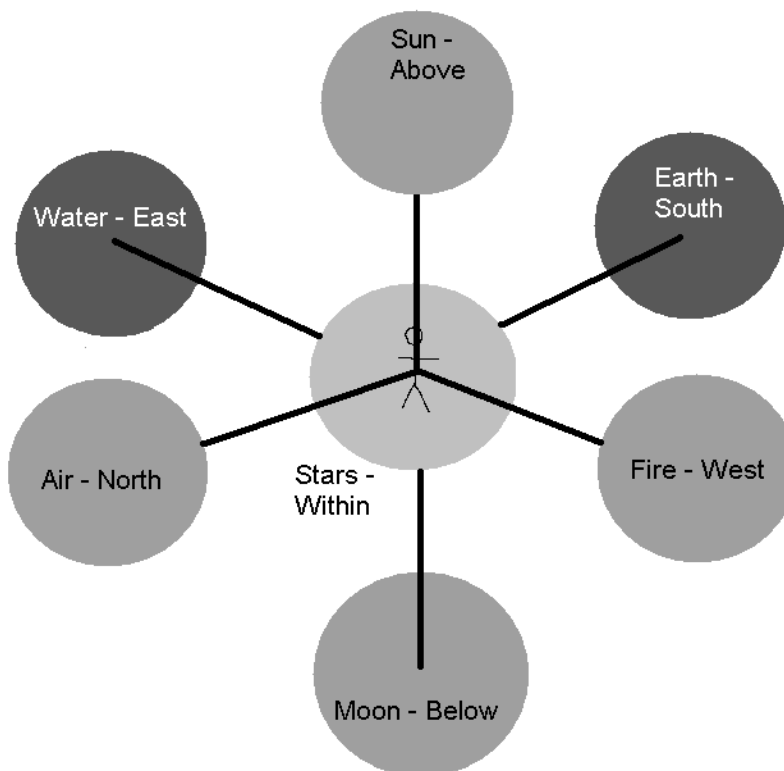


The "classical" arrangement of the elements



I would point out that the colors used for the triangles are my associated colors, not the classical colors at all. Keep that in mind.

One more graphic to help you understand the visualization I use with ALL the elements, Terrestrial and Celestial.



I have some practical exercises for you, and some more theoretical discussion.

Basic exercises with energy:

First and foremost is the energy exercises you have been doing with the elements.

Grounding exercises into each of these elements is another exercise you should be adept with. It is only proper to return energy to these elements when one pulls energy from them. So, you can ground into the Fire; send energy to the Moon and so on. Each of these have different feels and dangers inherent in them, and the adept magickian should be familiar with them, so that if one has to Ground into the Air, one can. (Good visualization with the sheeting energy being blown away BTW. I really liked that.)

One of my favorite ways to practice energy work is by transferring energy from one hand to another. Let me describe this for you, quoted from a prior class on just this subject.

"1. First things first. Turn your right hand, palm upward and place your left hand's fingers about three inches above the palm of your right hand. Now, this in itself is not going to do anything. But now think of a flow of light, like some super hero coming out of the palm of your right hand and bathing your left fingers. Do this for a few moments. Close your eyes if it helps you concentrate.

2. Okay, what you were doing was pushing your energy from inside you out. And you were allowing your other hand to feel it. You may have felt a hot sensation on your fingertips, or a tingling, or coldness, or any other reaction to that energy, but you would have felt something, unless you were doing it wrong. If you were not feeling anything, try again, and this time move your left hand up and down until you DO feel a difference.

3 Feeling the energy. Do the same thing as above, but with different parts of your body as the "receptor". Do what I have told you, but project the energy out of your finger, at your leg, your arm, your forehead, and other places of your body.

4. Energy flow. Now, once having mastered the previous two, hold your hands, palms toward each other and envision a beam of light flowing from one hand to the other, Now, reverse the flow. A separate person putting their finger in between those hands should feel a really hot area, that is not present in any other place.

5. Controlling the flow. Similar to exercise two, it is exercise three taken to the next level. Your hand should be the projector, and another part of your body should be the receptor. You should feel the energy flowing and warming that part of your body, and as you move your hand, this area of warmth should move with it.

If you start getting a headache while you are doing this, stop. You have exceeded your energy limit for the day, and are in danger of really harming yourself if you continue. Take some aspirin or acetaminophen (sp) and drink some Gatorade. The electrolytes in the Gatorade will replace what you have spent, and then go to bed. A good night's sleep will help a lot.

It is good to have someone around who is doing these exercises as well, or at least someone who will verify your perceptions as to whether or not you are projecting something. It's just a check, and you do not need to do this. But it helps."

This document can be found in it's whole at [Lesson 4, Energy Work](#) It may help you to read it so you can see these comments in context, and the reason I'm not including it all here is because there is a LOT of information.

All of these exercises are the beginning steps, along with what you have been doing with drawing and grounding the energy from those elements, but let me take a moment and talk to you about what else you can draw energy from.

You can take energy from the electrical system of your home. Electrical energy and BioElectric energy is almost exactly the same, as doctors have known for quite some time. If BioElectric energy is almost the same as Metaphysical energy, as used in spells and in those exercises I had you do, then Electricity and Metaphysical energy are almost the same as well. Two things equal to the same thing are equal to each other. I use electrical energy in my spells all the time. I have not even seen a jump in my electricity bill either.

I can pull from other people and animals. Sometimes in the cases of those who are hyper, this is the only way to calm them. I was able to keep a hyperactive dog from injuring itself at a metaphysical shop this way. This is called "psychic vampirism" in many people's lexicons. But there is a difference and it is critical you understand that difference. Most psychic vampires are concerned with sucking the emotional energy out of the victim; here we are concerned with sucking the energy out of them. It may have the same net effect, but they are two different processes.

This is the process you use when you are healing someone of negative energy, but instead of sending it into the Earth, you are drawing this energy into yourself. I use the visualization of an "energy indicator" internally, and seeing their indicator fall, and mine grow. After a few moments, usually the person that I am taking from shows a physical reaction, either in an increase of REM movement, a slumping of the shoulders, a reduction in their breathing and so on. It's an interesting phenomenon to watch.

Drawing from animals won't kill them usually, but putting energy into them can make them hyper or have other actions until their system can cope with it. It's the same thing that happens to you when you take great amounts of energy into your body unexpectedly. I would like to digress somewhat and mention that a familiar has already given it's consent to you to draw energy from it when you have need of it's energy, that is one of the things that make it a familiar.

I draw from my battery and recharge it all the time. I recharge it with nervous energy, adrenalin energy, fear energy and all that energy that you get dumped on you at odd times and I instantly shunt it into my battery, to calm myself down so I can handle the crisis rationally. These shunts have been set up for a long time, and at this point, I don't have to think of them anymore. I get scared, the adrenalin SHOULD kick in, but the shunt kicks in first, and all that energy that would be wasted in fear and fight or flight reflex goes to my battery, to stay there until I need it.

The rest of the exercises are fairly easy. The first that I use to practice with all the time is with energy balls. This is simply an extension of the above exercises of shunting energy from one hand to the other, and sending it to different portions of your body and feeling the effects.

Create a ball in the palm of your hand, about the size of a rubber ball from a jacks set, about an inch across. See it glowing there, and then make the motions of throwing it at someone who is unsuspecting. No matter how headblind they are, eventually they will react, either with a headache or some other means of letting you know they are getting hit with that energy. It helps if this person is metaphysically aware too, if they are, you can have catch and throw competitions, and it's interesting to watch from an outsider's perspective. Mundanely, there is not much going on, just a bunch of people making throwing motions at each other, but by invoking your sight where you can see the energy, you have a bunch of multi-colored balls of light flying at each other. Then you can move on to the other exercises based on this one.

- Instead of letting it impact on you or your shields, try capturing this energy thrown at you and sending it back to the person who sent it.
- Catch and return the energy as above, but add your energy to it while you have control of that energy, see how big you and the others in your group can grow it before someone HAS to take it, and then see the effects of it on them.
- Instead of making throwing motions, try just holding your hand out, creating the ball, then willing it to where you want it to go. See it simply fly out of your hand and impact the other person.
- Try doing it to unsuspecting people who are aware of energy and see how long it takes for them to notice. * See what this does when you throw it at your pets.

Please note, this energy is not a lot. It's just enough to get noticed, the actual output is not even enough to give you a headache, unless you do it for hours.

This next activity is appropriate for a gathering of people, all trying to feel energy, such as your working group or a coven. It's a take off on Blind Man's Bluff and Marco Polo. I call it "Jedi's bluff"

Choose a caller. This one person is the only person allowed to speak during the entire game, and they are outside a pre-defined area. Any player going outside this area MUST shield when they are

out, and are out of the game. One player is the "Jedi" and they are blindfolded. Their job is to catch the others in the play area. They can use no senses other than their sense of feeling for other people's energy. They are opening their other senses up to the rest of the players and locating them by what they "feel" like or their energy signature.

The caller will state that the players can take X amount of steps in any direction. The players can take steps as big or little as they wish. Once those steps are taken, the players freeze. The Caller then tells the Jedi to take X amount of steps in any direction that they want to. Once again, the Jedi can make this as large or as small as they want. Depending on the object of this exercise, the Jedi can either tag someone, who then is the next Jedi, or they can point at someone and say "so and so is there", thus "tagging" that person so they are the next Jedi. If the object is to simply find people by their energy signature, then the first version would be preferable, if it's specific identification of individuals based on their energy signature, then the second would be preferable. To make it really difficult, the Jedi must tag and correctly identify the person they touch. Really advanced players may want to correctly find and identify every player in the play area.

After a failed identification or a missed tag, the players are allowed a free move to get into new positions under the guidance of the Caller. This game can go on for as long as everyone wants. The Jedi changes out when a correct tag or identification is made. The players are allowed to throw energy balls wherever they want to try to confuse the Jedi, but they are NOT allowed to Shield. This rule can be dispensed with if the person running this exercise feels that all the players are sufficiently advanced to be able to handle this additional layer of complexity.

The last variant, timed with a Caller who simply says, "Jedi move, Players move" with no number of steps specified. The Jedi has X amount of time to find everyone in the play area. Players and Jedi may move as far as they want, as well as doing contortions to get out of the way of the Jedi. Play ends when time is up.

(My thanks to my wife for originally coming up with this training tool. Thank you Mary.)

Another suggestion would be to throw energy balls upward and letting the energy fall back down onto yourself.

All these exercises will get you used to manipulating energy in all it's forms, feeling this energy and used to using this energy. Energy manipulation is primary in Magick, be it high or low.



Assignment

Okay, you knew this was coming.

First please practice pulling from the Stars. Write your impressions down and share them with me.

Second, practice all these exercises above during your day. If you get any spectacular results that you feel germane to this class, please share them with us all. I understand that it will take time to see results from some of these exercises, but keep trying. I would especially like to hear of any successes with Jedi's Bluff.

Please come up with a full set of correspondences for all the elements you wish to use, be they classic Hermetic elements, what I'm using or any other correspondences that are right for you. You don't have to share them, but write down everything you can and all the associations you have

made, and keep that in your journal. This is part of your system of magick, just as the list of tools is. Please understand why you have that association, even if it is something as silly as "there is no place left to put it". But do look for any other correspondences you can.

One last thing, a class project:

Those of you who have been raising energy with nowhere to send it now have a place to send it and some good to do with that energy. I would like to see your results in one week.

I solicited some volunteers for this exercise from alt.religion.wicca.moderated, a newsgroup dedicated to discussing Wiccan issues. All of these people are experienced in Wiccan Magick, have cast spells for various reasons and have agreed to be guinea pigs for this.

What I want you to do is simply raise and send them energy. However, there are a few things to think about first.

Primarily is that you focus. Raising a lot of power and then just letting it drain away is no good. You must raise it and then "fire" it toward your intended target. I have pictures of some of them, and I think you can get good "feelings" from what is written down in the case of those who don't have pictures.

I want you to print the picture (B&W will work for this) and focus on it when you are doing your energy raising/releasing exercise. Raise the power through the chant, drawing from any of the seven elements we have discussed, any other elements you feel are appropriate, from your battery, from your being, in short, wherever. When you feel you have the most energy you can, I want you to "fire" it like a gun toward the target. See that energy stream out of your working area, like a bolt of white light.

Don't worry about it after that, trust that the energy will get there and that the person who it is intended for will be able to use it.

There are a few rules:

1. Your energy is very personal. Make sure to send it "scrubbed". Otherwise the recipient may be overwhelmed by you. By this I mean that you must do your best to remove all your thoughts and energy from it. Having the energy collect in an external source, such as the air around you, will cleanse the energy in most cases. See the area immediately around you while you are raising this energy as being a cone-shaped creation. The physical limits of the bottom are as large as you wish them to be, but the apex of the cone should be over your head in the center of the circle. This is where all the energy you are raising is collected.

2. See number one... If you can't figure out how to scrub energy before sending it, DON'T!

3. See number one.... Set a time delay on the energy so that the recipient gets it at an appropriate time. For example, if I am sending energy to someone in Europe and it is midnight their time, they aren't going to be able to sleep and the next day when they could REALLY use it will be even more tired than ever. By this, if while you are getting ready to fire off the energy you will simply see a person-shaped blob with the face of the person you are focusing on, with some kind of time-keeping device visible, and make sure it shows a couple hours after most people would normally awake, then this is a time delay. See the clock's hands pointing at 9 AM for instance, and see them receive the energy you sent out. Then no matter when you send it, nor where in the world you are, they will get that energy when they can handle it and channel that energy into their spell.

One last thought, only do one person per day, and no other. Do one person, move on to whatever other work you are going to do, and then ground out. Do not do more than one.

Here is the list of people to use, along with the location of their pictures. If you can't focus on these people, then don't do anything.

Update December 23, 2002 I have pulled the people and pictures from this page for this project. I have done this because the information on these are out of date enough that it may be doing harm more than helping. So, let's go with this instead; find a willing partner to work this on and send it to them. Get feedback from them and have them record their reactions to it when you do this.

Any questions you have, please share them with the list and I will answer them as I can.

As always, after any of these exercises, GROUND. Let the energy flow out of you and into the ground, letting enough return back to you so that you are in balance again. If you are doing "Jedi's Bluff" make sure that everyone else involved grounds too.

Have fun with this everyone.

Daven