

High Magick, Lesson 12: Christian Magick

When I first conceived this class, I debated with myself whether or not to include this as a spellcasting tradition, and then I realized that if I didn't include it, that some of my references and thoughts just wouldn't fit together correctly. Don't think that because I consider this religion to be a magickal one that I am down on Christianity, I'm not. I think that it's wonderful in and of itself and that the moral/spiritual structure is a thing of beauty. (Some fundamentalists could consider any non-dogmatic references and criticisms to be negative.)

Keep in mind that as we go through this lesson that I am not an expert in every aspect of Christianity, and that just like Wicca, for every 10 Christians I say THIS statement is true for, there will be 1 or 2 Christians that it's not true for. So, I can only relate to Christianity in general, as a group, and specifically in the Mormon Church and the Catholic Church.

One other thing I need to clear up before I start. It's a pain in my fingers to type Christianity over and over, so I'm abbreviating it to Xtianity or something similar. THIS IS NOT IN DISRESPECT. The X is the Chi character in the Greek Alphabet, and it stands for the first two letters in Christ's name. Among many scholars and religious people, this is an acceptable abbreviation of Christ, Christian, Christianity and so on.

To quote a recent debate on another list: "Many people seem to think that it was the pagans, ..., who came up with replacing "Christ" with "X." It wasn't. It was the Christians. "X" is the Greek letter Chi, with the Greek word for Christ being XPISTOS. "Xian" is a perfectly valid abbreviation of "Christian" (think: "MERRY XMAS," which a lot of Christians wish each other); X and P often appear as a symbol of Christianity, superimposed, visually representing the cross and the shepherd's crook. Another appearance of X is in, "IESOUS XPISTOS, THEOU YIOS, SOTER" or "Jesus Christ, God's Son, Savior," the initials of which spell IXThYS, the Greek word for "fish" and the origin of the fish symbol on Christian cars." This was said by Paul Kershaw, also known as Brighn on the list "WiccaVent" and he further suggests these webpages: <http://udel.edu/stu-org/war4christ/fish.html> and <http://www.betasigmapi.org/news/devotions/ichthys.html>

Now, with that out of the way, let us move into the meat of the lesson. Normally I give a history of the school that is the focus of the lesson, but I can't do a history of Xianity justice in the limited space I have to write in. Suffice to say that every part of you, who you are right now, has been greatly influenced by Xianity even if you don't believe in it's tenets or philosophy. Now, before you dash off a letter telling me just how wrong I am, stop and consider for a minute what I'm talking about. Every modern invention you see was created by men and women of Xian belief, or they had a hand in it. The fact that you are reading books was because a Xian person needed a way to use up all the rags left from the Plague, and thus the Guttenberg press was invented. Better than 4/5

of the information on Paganism you know was written down by Catholic Monks and researchers. The United States of America would not exist if not for Xianity. Even when other groups have their influence on these events, the last century was so inundated with Xian thought/feeling/concepts that many of us don't think about it anymore.

Take a really minor sticking point between the Pagans and the Xians; nudity. Here are the Pagans saying that nudity (especially casual domestic nudity) is alright, a valid form of worship, a good thing to do, and the body is not something to be ashamed of, but then there are the Xians who are screaming that except for being in the shower/bathtub one MUST be covered with cloth for modesty's sake. How many of us had absolutely no problem taking off our clothes where others could see us, how many had problems taking off clothes where the significant other could see? How many of us scream and cover up when our child wanders in while we are using the toilet? How many of us are embarrassed at the thought of stripping naked in our rituals and rites outside? And how many laws reflect the morals of the Xian mindset?

That's one example, and there are literally thousands more I could cite. It has been argued that the Crusades changed the map of the world, the Pope literally changed the face of the planet (just look at where they speak Spanish and where they speak Portuguese if you don't believe me), the number of wars that raised empires and destroyed nations over one little section of dogma in the Xian religion (Catholics vs. Protestants) and so on.

Every single event in the Xian church had an impact on the world as we know it. Heck, even the Nazi party considered themselves to be mystical Teutonic Xians.

I'm stopping now before this section becomes a burden and a pain in the backside for you all. Suffice to say that if you read any history of the world from the CE era on, you are going to be reading about the history of the Xian Church and all it's offshoots. (There is another one, the BC/AD measurement of time, along with the calendar [from Pope Gregory] and so on.)

One thing that should be pointed out is that during most of these times, when Xianity was growing and propagating itself, magick was somewhat acknowledged by the clergy. They didn't call it that, and they were very careful to tap dance around the issue. They made it plain that Magick was of the Devil, Miracles were of God. However for the outside observer there was no effective difference. So, it basically came down to, if a Priest of the Catholic Church (the only Xian game in town at the time) did something and magick occurred, then it was a Miracle. If someone else did something and Magick occurred, it was of the Devil and therefore evil.

The pogroms against many of the pagan religions of the time was directed toward (when it was not about political power and monetary gain) finding those who used magick and getting rid of them. Magick was officially ONLY the property of the Catholic Clergy. All others were discredited, persecuted, exiled, ridiculed, reviled, executed (in some cases) and accused of heresy. So, if a pagan wise woman cast a spell to make

the fields fertile, it was not her that did it, it was Satan. If a priest did the exact same thing, it was a miracle of God.

So, where does this leave us? With a wealth of documentation and evidences for Xianity being a magickal tradition. But first let me show you how it's a magickal tradition.

So far, we have talked about magick coming from within the practitioner (as with Witchcraft), in partnership with Spirits (as in Shamanism), from symbolic devices that explain the world around us (as with the Elements and the Druidic way of magick) but here we have a whole different way of doing magick, asking a Deity to do it for us, known as Votive Magick.

Yes, prayer is the basis of 90% of Xian magick, and Faith is the other 10%. I, as a Mormon, kneel down and pray to Heavenly Father that I need help with my finances, that I'm having trouble meeting my bills. I have faith that He will help me out, since I'm a good member of His one and only true church on the face of the Earth, and when I get a raise, it's Heavenly Father's credit and His blessings showering me. However, if the promotion that I was counting on falls through, it's my fault since I wasn't faithful enough or worshipful enough or selfless enough, or Heavenly Father decided that the promotion wasn't right for me and that I didn't need it since something else was coming.

Now, did you see the trap? Everything that is good comes from God, everything bad that happens is either MY fault or He is testing/doing things for my betterment down the road. The whole of Xian magick is based around this. This sets up a mindset of Superior Deity/inferior human. It's not MY credit or hard work that caused me to get that promotion, it's God giving it to me. Conversely it's not anyone else's fault that I failed because my boss was setting me up for failure, it's my fault that I was unable to do what was needed.

I'm sure that there are many of us who came from a Xian background, so I probably don't have to go into a deep discussion of the basic concepts of Xianity, but I have asked one author if he minds if I use an article of his to explain Xianity to the Pagan mind. It's at [Christianity for the Perplexed Pagan](#) and it's pretty good. Note, please, that this was designed to be tongue-in-cheek, meaning it was written to be humorous, but there is enough truth in it that I decided to include it in the materials for this class. Now, given that much of current philosophy looks like Xian thought, how do we know it's Xian magick? Mostly because of who gets the credit. Let me give some examples of Xian magick.

Lourdes/Fatima/Guadeloupe

[Lourdes](#)

[Fatima](#)

[Guadeloupe](#)

Each of these sacred sites, the Virgin Mary showed up and blessed the place. She usually had a message to be shared with the world, and by the belief of the followers of Xianity, they effectively enchanted the area to make miraculous things occur there. For instance, in Lourdes, healings occur regularly to those of faith and belief.

[Lourdes](#) (MUST have Adobe Acrobat Reader installed on your PC to view)

Now, what makes this area so special? Nothing other than the mystical belief that has been given to these locations by those of faith. What do I mean when I say "faith"?

Faith is defined by the Catholic Encyclopedia as "In the Old Testament, the Hebrew word means essentially steadfastness, cf. Exod., xvii, 12, where it is used to describe the strengthening of Moses' hands; hence it comes to mean faithfulness, whether of God towards man (Deut., xxxii, 4) or of man towards God (Ps. cxviii, 30). " ([Entry](#)) This definition does not tell us much, however.

My definition of "faith" is that one believes in the existence of something that cannot be proven by any means we have currently, despite any evidence to the contrary. I can come up with 800 pieces of evidence, scientific to the philosophical, that proves the Xian God does not exist, and those of faith will still believe in that God despite me. It is, in a way, a blind following of that which one cannot see.

This is NOT, however, saying that is all Faith is. It is a powerful tool for the Xian, and it is central to their beliefs and their magick. Without this faith, nothing else is possible.

So, the pilgrims of Lourdes and Fatima and Guadeloupe have faith that something unexplainable happened. They have faith that the mother of Christ showed up there in a holy vision, and they point to evidences that "prove" these visitations. For instance, in Lourdes they point to the healings coming from the fountain as proof. In Guadeloupe they point to the manifestation of the portrait on the poncho of the person to first see this apparition. Even when evidence to the contrary is introduced, it is explained away by twists of logic or, in some cases, by simply declaring "I have faith".

This faith extends to other areas of Xianity, sometimes very odd ones. For instance, this faith and ecstatic trance are combined in a group of Fundamental Xians called the Snake Cults. While known in America, normally those outside the borders of the United States don't know much about them.

Basically, they are Xian groups who believe in a literal interpretation of the Bible (the holy book of the Xians). In this paradigm, what is written down in the King James Version of the Bible is what literally happened in Ancient times. It would be analogous to saying that the mythic stories of the Norse actually happened, exactly as they are written down. Part of that belief in a literal translation is the belief that God will keep those who have Faith safe in the midst of the serpents.

In one of the stories, the Hebrew God sent a plague of poisonous snakes to test his "chosen people" and to weed out those who did not believe in him. To this end, He told His prophet to erect a pole with a snake on it where everyone could see it. He then told His people that those who believed in Him would be safe, and if bitten they could look upon the snake on the pole and they would not die.

The Snake Cults take this literally. While many of them don't have poles with a snake on it erected in their church, they do handle poisonous snakes in their worship services. They are showing the faith they have in their God by doing this. They dance and sing while holding Rattlesnakes, Water Moccasins, Copperheads and (when available) Cobras. They sling these snakes around themselves, chant at them, stick the heads of the snakes in their own mouths, and all kinds of ecstatic activities with these snakes.

They must be doing something right as the incidents of snakebite tends to be low. But it can also be a case of the snake going "what the hell?" and being too confused to do anything. It also occurred to me that this can be seen as the same kind of activity that is undertaken by the "Snake Charmers" of India. So this phenomenon is not entirely unknown.

Some of the magickal belief can be seen in portions of the RCC (Roman Catholic Church) itself, in such documents as "The Grimoire of Pope Honourous III". (for his [Papacy](#) in the RCC, for the actual [Grimoire](#) and [here](#)) According to what I could find out and assume, apparently the pope Honourous III (who was a real pope) penned a grimoire that told one how to summon and contain evil spirits for their own use. I have not read this work, and I could only find passing references online or advertisements where the book was for sale, but it seems somewhat well known, especially among the LHPers (Left Handed Pathers, or those who believe that magick is a tool, useful for whatever one wants to use it for, good or ill. Satanism, Voodoo, Santaria and some Koptic groups, as well as some very liberal definitions of Asatru would be considered LHPers.)

You can also find this in some of the rituals of the RCC itself. One indication of magick being part and parcel of the Church rituals is "The Stations of the Cross". ([Stations of the Cross](#)) This is a ritual in which the participant moves around the church building (usually inside the chapel itself) and ritualistically "visits" the holy places that Jesus was at during his ministry as though they were on a pilgrimage around the "Holy Land". This is done as a sacred ritualistic play, with icons at each station that represent something they would be seeing were they actually at the site, and indulgences are given at each station.

(One side note, a Catholic Indulgence is pretty much a "get out of jail free card". For some sins, you spend a finite amount of time in Purgatory, suffering a punishment for that sin. These are what are called "venial" sins, meaning that they are minor. Examples would be lying, wishing your sister dead, theft of gum and so on. Each sentence for these sins could be 10,000 years or so. [Hey this is Eternity we are

dealing with here, that amount of time is an eye blink.] Each indulgence shortens that amount of time. These indulgences were commonly given out as rewards to those who performed properly, knew their dogma and so on. Mary had earned, before she left the RCC at 12, something like 300,000 years of indulgences, simply for knowing and being able to recite her Catechism (cat-a-kis-m) or the dogmatic beliefs of the RCC at the time. Indulgences for things like this could amount to 500,000 years of indulgences or more. It was the selling of these, for money, that started the whole Protestant Reformation with Martin Luther's 97 Thesis.)

But it's the ritual reenactment of the Crucifixion, arguably one of the most important Mysteries of the Xian Church, that generates the power. I'm not really sure what it goes for, but I can take a guess. Based on what I *do* know of the ritual, the energy generated goes into transformative uses for the practitioner. In other words, hopefully, the participant will grow closer to God and Jesus by reenacting his life, and therefore will be fundamentally changed when they finish.

But then there are things that could truly be considered spells too, like the [Exorcism](#). This rite is probably one of the most circumscribed in the entire RCC, mainly because of the inherent chance of misidentification of an actual possession. Understand something, according to the RCC, what you see in movies like "The Exorcist", "The Amnetyville Horror", "Stigmata" and so on are NOT what actually happens. There are not demonic voices, spinning heads, pea soup vomit, levitation and so on, although they can certainly be a part of the manifestation.

Most often, the manifestations of Fallen Angels or Demons is through things that could easily be mistaken for mental illness. Personality changes, self-mutilation, insomnia or catalepsy, sleepwalking, responding to voices that no one else can hear and so on, all are symptoms of either a mental problem, or possibly a demonic possession. Therefore, the RCC is very careful in diagnosing a case of possession and even more cautious in actually performing an Exorcism. Generally, to my understanding, actual Exorcisms are performed no more often than once every five years per regional area (also called a Dioceses), IF that. The problem that could be interpreted as a demonic possession is investigated using ALL mundane forms of science that we know of to rule them out, and only when all those are exhausted is a tentative diagnosis of possession forwarded.

From there, the [Exorcist](#) takes over. Generally, to my understanding, the Exorcist is a small branch of the RCC and there are only a handful in the world, although any Priest could do this rite. These people are specialists. They carefully review the case and do the rituals and spells, to drive the demon out.

Please understand, this is not something they take lightly, although there are some who abuse their ability to do this. It is circumscribed, watched, looked at and reviewed and 999 cases out of 1000 are found to have other causes rather than demonic possession. The RCC has come a long way from Medieval times when EVERYTHING

was caused by Demons. I believe there is possibly even an oversight board of Cardinals or the Pope himself to make sure that this process is obeyed.

There are many rituals like this that could be cited, but let's look at one aspect of Xian magick that transcends the traditions, healing.

Now, you and I know that it is possible for the energy from one person to go into another person or animal and heal them of problems. It's the same process that the body would go through under perfect conditions, speeded up to a great extent. Therefore, congenital birth defects can't be healed since the body can't be restored to a state in which something that didn't exist suddenly does. Thus those who were blinded from birth because of blurry chromosomes could not be healed of that blindness, but someone who was blinded by pinkeye at age 2 could be.

The Xian church takes the ability that is told about in the Bible and uses the fact that, according to the myths, Jesus could heal and declares that they can to.

As silly as this sounds, they actually do manage to do so.

The process is VASTLY different than what you and I would be doing. Instead of being in a Circle, sending our energy out and imposing our Will on that energy with the DEMAND that this WILL happen, the average Xian will kneel in prayer to their God, either singly or in a group, and ask that their God do this for them. After all, (according to their belief) God made the entire world and everything in it, therefore He can do anything He wants.

It's an interesting side note that for the most part, single prayer like this or even prayer in small groups doesn't have any effect, but when you get to the level of a large amount of people praying all with the same goal in mind, it does. This technique is called in the RCC "Storming Heaven" in which hundreds or thousands of people will all pray at the same time for the same goal. The theory is that while it would be possible for God and His angels to ignore one or a dozen people's requests, ignoring thousands of the SAME request is impossible. Basically they are trying to blackmail their god by saying "we will keep asking for this until you do it. Do it and we will shut up."

(For the record, yes, I am aware that is not what they are literally saying, but it sure seems like that.)

This can be seen in the Christian Scientists as well, who don't believe in modern medicine. There are many documented cases of this phenomenon, not just with the CS, they are simply the most well known. Please see [here](#) and [here](#) for further information about this.

For instance, the Mormons (also known as "The Church of Jesus Christ of Latter-day Saints" or the LDS) believe that only certain people designated by holding the "priesthood" (effectively every post pubescent male) can heal by laying on hands. They

put their hands on the Crown Chakra of the patient, say a prayer over them and they will be healed, or at least healed enough that they won't die. I have first hand experience with this, as I was given one of these healing prayers when I had an acute attack of Appendicitis. To hear my mother speak, it was a miracle of Heavenly Father that I didn't die. When the doctors got me open and started removing the appendix, it was already split and oozing puss, and going septic. My mother credits the blessing I got just before going to the hospital with saving my life. I actually think it was more that I was too stubborn to die.

Regardless, the Mormons see their healing not so much as something they are doing, or something God is doing, but more as they are the conduit for the healing that Heavenly Father sends out. They are the requestors of the blessing/healing, and because they are the ONLY true church, Heavenly Father pays attention to their requests while ignoring everyone else. So when they request something from Heavenly Father, they become the funnel for the Divine Intervention that will occur.

Now, talk to 50 Mormons or ex-Mormons, and you will get 50 different descriptions of what will happen, but when you boil it down to essentials, this is what you wind up with. Essentially, the Priesthood holder is a Divine Funnel. All things come from Heavenly Father, the only difference between the Priesthood holders and the lay person walking around in one of those "false" churches is that Heavenly Father hears AND responds to EVERY request from a Mormon Priesthood Holder, and because of their blessed status, they have a shorter route to the ear of God.

You must also understand that Xian philosophy and mysticism in the RCC and other churches wound up spinning off the Spiritualist Movement. There were two main people that came out of that time, [Alice Bailey](#) and [Madame Blavatsky](#). Both these women were responsible in different ways for the New Age teachings and for the OTO and other metaphysical associations.

From what I understand the sequence of events to be, they both had visions in different ways, and from those visions they determined that God was wanting them to spread a message to the populace at large. In the case of Alice Bailey, she had an ongoing series of visions and information would appear in her head. Eventually she decided to start writing it all down into books. If you have ever seen the books printed out, they tend to be different thicknesses, but they all are about a foot tall, by about 7 inches wide. When her collected works were stacked in a shelving unit my grandmother had in her bedroom, these books took up something along the lines of 5 feet of shelf-space. I was able to acquire a CD version of her work, and it takes up the ENTIRE CD. That is a ton of information.

Now, as it turns out, there was an Indian gentleman who was collaborating with Ms. Bailey on these works, and even when she found this out, it was still a miracle of God that they were able to work on this together. So despite the fact that she and this gentleman were doing all the work, collaborating on a project on the Astral Plane, it was still a miracle of God that they were in contact with each other in the first place.

And this carries over to many of the famous spiritualists of the time, like Edgar Cayce. As far as I can find out, Mr. Cayce was either agnostic or a non-practicing Xian, but one who credited God with his abilities and gifts.

This kind of starts explaining why most rational thinking people are able to be rooked by Televangelists like Oral Roberts and Jerry Fallwell into sacrificing millions of dollars to them, not to their God.

I often hear a joke that says "God, my minister has said that You need my money. Here's what I'll do, I will throw my cash up in the air, You grab what You need and want, and I keep the money that hits the ground, okay?" I keep waiting for god to say something like what is found [here](#).

And the connections of Xianity to Metaphysics does not end there. One of the most famous magickians, Elphias Levi started out life as a Catholic Monk. Now, that is not that odd, but what he did was incredible. [Bio of Eliphias Levi](#) and [Eliphias Levi](#) (the spelling changes from Eliphias to Elphas depending on who is writing things.) He was educated, like most of his generation, to be a good Catholic person, but his metaphysical bend took him into the priesthood. He worked long and hard and became a monk, and had many revolutionary writings.

However, his writings on magick and metaphysics are what became his claim to fame. That and his associations of the Tarot with the Kaballah. Yes, the "traditional" associations you have been using in your tarot readings were invented by this man. Apparently this was a study that took him years, but it would not have been possible except for the Catholic Church. They educated him (remember, all knowledge and literacy were the SOLE province of the clergy at the time) and made the relevant information available to him.

Interestingly enough, I can't find a record of him being excommunicated by the RCC, although there is no entry in The Catholic Encyclopedia ([New Advent](#)).

But this still points out how the Church is mixed up in magick. Not just the practitioners, but in the education of and subtle acceptance of magick in their own ranks. For instance, has anyone questioned why the RCC has such a magickal ritual that is performed almost daily? Which one, you may ask. The Mass. Yes, this is a magickal ceremony, and if looked at closely it will show itself to be a magickal rite, complete with spell and a subtle effect on the practitioners.

One of the reasons we do magick is to make a change in ourselves. That is only one goal, but it's a primary one. However, for the Christian Practitioner, the worshiper, this is a primary activity. The ritual of Mass brings a change in themselves and blows away the belief that magick does not happen for them. After all, there is their priest up there performing a miracle every day, changing the bread to flesh and the wine to blood.

Now, to you or I, the bread stays bread, and the wine stays wine. But to the devout Catholic, this miracle happens. The bread literally becomes flesh, and the wine literally becomes blood, and by eating it, they are redeemed from their sins and transgressions, to be made pure and allowed to be newborn again. It's a constant initiation, and no one disputes how magickal that ritual is for us.

Recently, I have been continuing my studies with the Ord Draiochta na Uisnech (the Druid Order of Uisnech) and some valid points were made about magick and ritual. In one point, the text of the class I was studying said that ritual's purpose was to bring about a change in the practitioner, to blast away the miasma of daily life and preconceived notions that all of us fall into. With those notions and that "tunnel vision" gotten rid of, you can connect with all the rest of creation and with all the rest of Magick and the Gods easier, since you are now in a mind set to perceive them, rather than willingly blinding yourself.

One last segment here before we get to the assignment: One of the questions that was raised by one of the former students of this course was the purpose of the class, if I was not teaching any one school of magick. I replied with one of my favorite tools for teaching, the analogy.

I said that I was not teaching a specific tradition of magick because I simply didn't know all the specific traditions of magick out there, but I was giving the basics of magickal practice that one would need no matter the tradition one decided to pursue. I likened it to my being a teacher of glass making. I was teaching how to find the glass, what glass was, how to melt the sand, find the proper sand for the job, how to mold it and how to shape it. I was describing the basic techniques of glassblowing, stained glass, glass sculpting and theory on transparent metal and so on, but I was only teaching the basics of that glass making, which would be needed no matter the specialty one decided to pursue later.

That's why I'm not showing spells or telling you "a pinch of this, a dash of that, put it in the cauldron and boil for 5 days...." but rather showing you what the magickal energy feels like, how to raise it, how to channel it, how to visualize it and how to direct it. All these skills are the basis for every other magickal act you will take later in life. They are IMPERITIVE, and there is no getting around them. Just chanting the words and understanding some theory means nothing if you don't know when you have energy ready to pour into the spell structure you have created, and if you can't visualize the goal in your mind, all else is useless.

So, that is the overall goal here. I want to make sure you understand the basics and have "the common skill set" down perfectly, and understand the specialties of magick (or the traditions) well enough to go with what appeals to you and what you are comfortable with. But this skill set that you are learning in the assignments is critical and it covers the entire group of specialties that are possible. Some groups, like the Xians, won't call the feeling you get when energy is moving "energy moving", they will

call it "feeling the Holy Spirit", but you know what? It's ultimately the exact same thing, just by another name.

*"What's in a name? that which we call a rose
By any other name would smell as sweet; "
--Romeo and Juliet Act II Scene II*



Assignment:

This lesson's assignment builds on the progress you have already made. Now you get to draw and ground energy at the same time.

Before I had you drawing energy in one act, then grounding that energy in one act. You were being a pump, taking the energy into you and then sending it someplace else. This time you will be the conduit or pipe for the energy.

In your meditation over the next week, connect to the elements in the way you would as though you were going to recharge yourself. As soon as that is done, ground into your power sink. Start pulling the energy from the elements into you, but instead of building up the reservoir of energy in you, let that energy flow out and into your battery, without hindering or stopping it. Just be passive and allow the energy flow from the elements directly into the battery, with you acting as the pipeline.

Once that is done, and you feel no further energy flowing through you into your battery, reverse the flow. Draw energy out of your battery (probably the same energy you were putting in) and split it to the elements and dump that energy to those elements. Still remain passive and control the speed of the flow, and how the energy is split, but don't draw it into you and then dump it into the elements. I think you get the picture.

Do that for one week and write down your progress.

In this assignment, you are not acting in any manner other than as a channel for the energy. To use an analogy again, you are the streamer the "river" of energy is flowing through. You contain the energy long enough to send it someplace else, but you are not inhibiting it, stopping it or controlling it other than as the channel. This is hard to do, since the energy will naturally, like water, seek its own level.

You may, for instance, find that you are doing part 2 first, and your battery is dumping through you and into the elements, rather than the reverse. This is normal, because the energy wants to equalize so that there are equal amounts of energy in each place. You may have to act as a dam, and stop the flow of energy from one to the other at times. But many times you will act as that conduit.

One other exercise you will be doing once you have the above skills down is drawing and sending through your hands. This is part of the simultaneous drawing and grounding.

Get someone who wishes to be the victim for this experiment. First, draw some energy into you from the source of your choice, be it your battery or what have you. Send energy from you into the victim and ask their reactions and what they felt. Then pull energy from them and find out their reactions. Gradually move your hands back from them until your hands are about a foot off their body and keep doing this drawing and sending. You will probably be using both hands for this exercise.

One thing that must be stressed, if you or your victim get headaches or other physical symptoms, stop and ground. Headaches will be the most common, followed by physical aches as energy that is used to support sections of your body is siphoned off to do this exercise. If you have these problems, stop and ground. Things will equalize and you will be better, but you have to stop at that point. Trust me, you really don't want to push this one. I did once, and suffered from lower back pain for about a month before things stabilized enough to let it go.

Now, after mastering that skill, of sending and drawing from another person, do it simultaneously again, using one hand as the drawing hand, and one as the sending hand. Make a circuit and move it back and up to about a foot again. Then, lastly, do both the drawing and the sending from the SAME hand. Believe me, it sounds hard or impossible, but it can be done. Divide your hand in half, and have one section being the sending section and one the drawing. Then do the same with the other hand.

I think that will be enough to keep you all busy for the next few weeks while I write the next lesson. As always, questions to the list, assignments to the list, write down your experiences and your victim's experiences and share them.