

## **Class 16 – Athames 2**

### **Covered in this Class**

1. Preparation for This Class
2. Banishments
3. Psychic Teflon
4. Cutting Lines With Your Athame
5. Healing With Your Athame
6. Exit Ritual, Day Greeting and Day Ending
7. Additional Tools to Make or Buy

### **1. Preparation for This Class**

- *Video Clips:* Area Banishments, Psychic Teflon, Cutting Lines, Pulling With the Athame, Sweeping With the Athame

### **2. Banishments**

You can use your Athame to banish certain entities that you discover in your space. These include ghosts, thought forms, shadows, spirits or people who are using astral projection to penetrate your shields. If you can locate the entity, you can banish it with a bolt of electric blue. If you cannot find a specific location for the entity or you have more than one entity that you want to banish, you can do an area banishment, which will clear your entire property. Banishment is effective because spirits find electric blue very uncomfortable. In fact, people in body are also strongly affected by electric blue. If you throw a strong bolt or beam of electric blue from your Athame at certain areas of the body (head, heart, solar plexus, etc.) you can disable or even kill an attacker. Remember, a person with a physical body is always more powerful than any spirit without a physical body.

#### **Single Banishments**

If you feel a living presence you want to banish and you can locate the entity, use your Athame to throw a bolt of electric blue at it while saying in a voice of command, “Go away and stay away!” You can also say, “Get out and stay out!” Banishments do not work on archetypes; in fact, archetypes can throw bolts of electric blue back at you. If you throw a bolt of electric blue at what you think is an entity and you hear a whir and click, duck! You’ve hit an archetype and it’s processing the information before throwing a bolt back at you. You will not be hurt if you have an electric blue omniblue around you that you have keyed against electric blue.

### Area Banishments

If you can't pin down a specific location of an entity or you want to clear a general area, you will need to do an area banishment.

1. Stand in the lowest floor level in the center of your house. Face east and select a door, window or picture frame on the east wall to use as a reference marker.
2. Hold your Athame in the “edge on” position, arm extended out in front of you and extend beams of energy from the butt and tip of the Athame. The beam from the butt of the Athame should be long enough to reach into the ground, and the beam from the tip should be long enough to reach through the roof of your house (since you want to banish beings from every area of your house).
3. Next, extend that beam forward off the edge of your Athame to the edge of your property. You now have a sheet of electric blue energy that extends from where you stand to the edge of your property and is tall enough to include the height of your house.
4. Lock that sheet of electric blue onto the right edge of the door, window or picture frame with your intention.
5. Create a second sheet of electric blue, of the same size, to the immediate right of the first sheet. You will use this sheet to drive out any unwanted entities.
6. Keeping your arm straight out in front of you, turn in a circle, moving the sheet of electric blue with you as you go. The entities will be driven in front of the electric blue sheet. Stop turning when the sheet of electric blue reaches the left side of the door, window or picture frame.
7. Lock the sheet of electric blue into the left side of the door, window or picture frame with your intention. You now have a corridor of electric blue, formed by the two walls locked into either side of the frame, that contains all the unwanted beings in your area.
8. To prevent the unwanted beings from coming down the corridor at you, hold your Athame in the flare position, cutting edge facing right and project a flare the same height as your electric blue walls and the same width as the corridor to seal the corridor.
9. Project another flare down the corridor to push all the beings out of the corridor saying, “Go away and stay away!” in a voice of command.
10. Once you've completed the banishment, do a two element cleansing for now. Four-element cleansings will be covered in the next class.
11. Banishments will not affect helpful spirits and spirit guides – they usually leave when they see you getting ready to do a banishment.

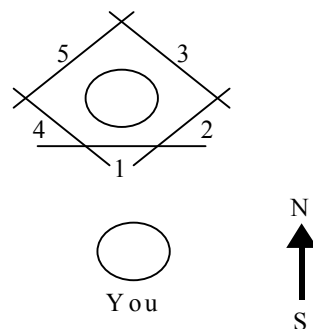
### **3. Psychic Teflon**

Psychic Teflon is a great method for preventing banished beings from coming back into your house, especially if you don't want to put up an omniflame because it attracts too much attention. It's also a good way to prevent down tone energies from getting trapped in your walls. Psychic Teflon is a kind of shield you put on the walls, ceilings and floors of your house and on any surfaces on the outside of your house as well. Psychic Tefloning is usually done after a banishment and a four element cleansing (or a two element cleansing at this step in your course work). Here's how you do it:

1. Clear the area first with a banishment and four element cleansing.
2. Select a room to begin in. You want to put up the Psychic Teflon one room at a time. Stand in the center of the room and face the center of the east wall. Hold your Athame in the "flare" position, cutting edge facing right (or leading). Project a flare of electric blue from your Athame about 3 to 4 feet wide.
3. Push the flare into the wall with your intention while you cover the wall with strokes much like painting with a roller. Make sure you overlap each stroke a little bit for complete coverage.
4. To apply Teflon to the ceiling, stand against one wall and hold your Athame above you, blade parallel to the ground, cutting edge facing away from the wall against which you are standing. Project a flare of electric blue 2 to 3 feet in width then walk back and forth pushing the flare into the ceiling as you go, again like using a paint roller. Make sure your flares overlap.
5. Apply the same procedure to the floor. Always make sure that the cutting edge is leading.
6. You can also Teflon your outside walls, fences or roof with this procedure.

### **4. Cutting Lines With the Athame**

Figure 16.1



Using your Athame, you can cut sticky psychic “lines,” which are unhealthy connections that are attached to yourself or other people. Symptoms that indicate a person has these psychic lines include sore spots on the back, neck or shoulder blades, bad dreams, being sick for a few days or longer without reason and brooding over a broken relationship. Cutting lines will not affect healthy relationship connections. To cut lines:

1. Stand in the south facing north and have the person you are cutting lines on stand to the north of you facing away. Have the person close their eyes and ask them to relax.
2. Load your Athame with electric blue from a candle or color chip and project a beam for cutting that extends from your Athame for 3 to 5 feet beyond the person. Hold your Athame tightly with both hands since the lines are often tough and could cause your Athame to bounce off.
3. Make your first cut directly behind the person (see Figure 16.1). Stand at right angles to the person. Hold your Athame so that the beam starts at a level above the person’s head, and make a downward cut. The beam should be about a foot away from the person’s back. Chop with force!
4. The next cut is to the right, slightly behind the person. Make sure that your cuts overlap so that you get all the lines on every side.
5. The next cut is to the person’s right, closer to the front of their body but not directly in front of them. People have a lot of shielding in front of their bodies so you don’t want to make a cut directly in front of them.
6. Make the next two cuts on the left side of the person’s body, reflecting the two cuts on the right side.
7. Finally, make a horizontal cut above the person’s head from right to left, and below the person’s feet (you can extend your beam into the floor to make this cut). The blade edge faces left as you make these two cuts.
8. Ask for the presence of any more lines. If so, cut these and ask again. When the person feels clear of lines you may want to flare them with Sun Yellow from head to feet to add back energy. Some people feel tired or dizzy after you cut lines.

#### Additional Notes on Cutting Lines

- The procedure above is for cutting general lines on a person. You can also cut specific lines on a person by having the person state what they want to cut lines from. Have them write on a sheet a paper this phrase:

“I, [their full name], sever all lines and ties with [what they want to cut lines with.]”

Next, stand in the west facing east and have them stand to the east of you, facing east or away from you. Have them take a step forward (into the

east) and say the phrase in a voice of command. You will be anchoring their energies from behind. Once they've said the phrase, have them step back to center, where they started.

Have them turn to the south. You move into the north as they turn. Have them take a step forward towards the south and say the phrase again in a voice of command. Ask the person to use a stronger voice each time they state their intention. Repeat the process to the west and north. They will end up facing north, so you can begin to cut lines.

- If lines are being cut from another person, that person will quite often call within a day or two. The other person will feel the lines being cut and feel a sense of loss or that something is missing.
- You can often feel the energy of the lines as you cut them. The person may also twitch, shudder or move when you cut lines. This indicates that they are free of the line.
- If you find lines on yourself, you can cut them with your Athame. One person has cut lines on himself by spinning around while cutting. You will also learn how to cut lines on yourself with the plate in later classes.
- To teach the originator of a line a strong lesson in dire circumstances, you can send a Lemniscate back down the line. After you cut the line, draw a Lemniscate in electric blue with your Athame in the “beam” position, use a flare to push the Lemniscate back to the source of the line. Only use this in dire circumstances since the Lemniscate is a heavy-duty technology. It pushes or pulls on the person with as much force as the person is pushing or pulling on it. The only way to be free of a Lemniscate is to let go completely.

## **5. Healing With the Athame**

You can use your Athame for various types of healing including sweeping out stagnant or excess fire, pulling out excess fire, and using flares and beams in specific ways. Learn these techniques, as well as the Athame positions that go with them, so that you can use them in emergency situations without having to think about it.

### **Sweeping With the Athame**

Sweeping is a great technique for releasing excess or stagnant fire energies. Excess or stagnant fire is the cause of much pain, inflammation, congestion and tension in the body. To sweep a person with your Athame:

1. Have the person find a comfortable position: standing, sitting or lying down. Ask them to close their eyes and relax.

2. Have all your fire color sources handy. Hold your Athame in the edge on position, arm extended out in front of you and parallel to the ground.
3. Pull in appropriate color and load it into your Athame. Whatever color you load into your Athame is the color that the sweeping will remove (if the person has a fever, for instance, sweep with red orange). Next, quickly whip your Athame down about 45 degrees, then back up to create a large energy blade about 2 feet wide, this is similar to the technique you used to create an energy blade with your Wand.
4. Hold your Athame so the energy blade will penetrate the entire width of the person's body as you sweep. Start above the person's head and sweep down to their feet honoring the body's downward energy flow. Sweep with intention, pushing the excess fire energies out in front of your Athame like a wave. When you move past their feet, flick the excess energies off your Athame into a corner. You do not need to put it into an electrical outlet.
5. Sweep the person several times in the same color and check how they feel. You may need to switch colors from time to time to completely clear the excess or stagnant fire. Pain or inflammation is often stored in layers in the body, especially if the person has iced the area. If one color doesn't seem to be working, flick the energy of the current color off your Athame and start at step 2 to load a new color. Keep trying different colors until you find the one that works.
6. For an area of pain or to reconnect certain energies in a person's body, sweep several times in a row without flicking off the excess energies.
7. If you are sweeping with electric blue, sweep very slowly. If you sweep too quickly, you might sweep them right out of their body!
8. Remember that sweeping takes energy out of the body. If the person feels tired after you have swept them and they still need to be functional, flare them with Sun Yellow from head to toe, blunt edge of the blade leading. If a person feels cold, flare them with bright red.

#### Pulling With the Athame

If someone has localized pain, such as a burn, sprain or toothache, you can pull the excess fire from the area with your Athame, keeping in mind the body flows. To pull fire:

1. Hold your Athame by the handle (you don't need to hold it any specific way for pulling) and place the butt of the Athame about 1 to 2 inches away from the area of pain. Point the tip of the Athame slightly downward to honor body flows. It's best to pull from an area just below the energy ridge or pain.

2. Using color sources as reference, use your intention to pull the appropriate color into the Athame and flow it out the tip of the Athame. You do not need to flow this energy into an electrical ground – just make sure you aren't pointing it at anyone!
3. Check with the person every 30 seconds or so to see how they are doing. Remember that fire is radiative and moves quickly – you don't want to pull too much fire too quickly or you might knock the person out!
4. If the pain gets worse, you've probably accessed a Bank issue. As with the wand, you can sweep it to calm it down. Sweep the area with electric blue.

### Blood Coagulation

For a cut or wound that won't stop bleeding (i.e., the blood won't coagulate), you can project a beam or flare from your Athame to clot the blood by slightly "cooking" it. Project a beam or flare of Bright or Deep Red and focus it on the wound. In a short period of time, depending on the size of the wound, the bleeding should slow down, and then stop. Remember to stay calm since it's harder to focus when you are agitated.

### Frost Bite

You can use your Athame to treat frostbite just as you learned to use direct flow fire from your hands. Remember, your Athame handles a lot more energy than your hands can so watch for results to happen much more quickly. Create a flare of Deep Red and flare the area for a few minutes to slowly bring up the temperature of the blood and melt the ice crystals. Don't use Bright Red because it will cause the ice crystals in the blood to explode and don't use a beam because that will cause burn spots. Wait about 10 minutes or until some color returns to the area. Then use a flare of Bright Red to return the area to normal temperature.

### Shock

To help a person who is in shock flare them from head to toe all over with Sun Yellow.

### Scar Tissue

To break up scar tissue, hold your Athame in the edge on position and load it with Water Blue. Sweep the area repeatedly to break up and dissolve the scar tissue. You may need to repeat this process for a week or so to completely dissolve the scar tissue.

Another way to treat scars is to beam the area around the scar with Red Orange then Bright Red, until the scar turns a normal color. Sweep the area with Deep Red and then pull Deep Red to get the blood moving again. Finally, use Water Blue to wash it out.

### Kidney Stones

Break up kidney stones with beams of Water Blue from your Athame; you can also use Water Blue cubes. Sweeping the stones is not effective because they are solid and you have to break them up before they can be carried out of the body. You can also place your hands over the kidneys and flow water through them down through the pelvic area or place your output hand on the person's back at the level of the kidney and place your input hand on the front. Flow Water Blue from your output hand to your input hand, honoring body flows, for 2-3 minutes a day for a week to dissolve the kidney stones.

### Blood Clots

To dissolve blood clots, project a beam of Water Blue from your Athame into and through the blood clot for several minutes. This will break up the clot and wash it out in the blood stream. You may need to repeat this process for several days in a row to completely dissolve a blood clot.

### Varicose Veins

To get rid of varicose veins, the result of tension, first, in the “edge on” position, sweep out the excess fire with Electric Blue. Next, flare the area with Water Blue for a few minutes each day. The Water Blue will restore flexibility to the area.

### Arthritis

To relieve arthritic pain and symptoms, first sweep, in “edge on” position, away the excess Red Orange tension. Next, flow water through the area with your hands or with Water Blue flares from your Athame to clear out any calcium deposits. Once you have keyed and learned how to use your chalice it is a fine tool for this healing technique. Once the blood starts flowing into the area again, the calcium will be washed away.

### Tumors and Cancers

Use your Athame to kill cancerous tumors by projecting a beam of Red Orange off the tip of your Athame into the tumor. If the tumor is a surface level tumor, project a very short beam. Be careful not to overreach your beam since you can fry the sensitive tissue underneath the tumor if you're not careful. The beam will kill the cancerous cells. Since every cell in your body is a living entity and has its own controlling spirit, wait a week to ensure that all the spirits that inhabited the cancerous cells have left. You also want to give the area time to recover from any inflammation caused by the Red Orange energy. After a week, use your hands, water cubes or Water Blue flares from your Athame to break up the dead cells. After you key your chalice, you can use your chalice to flow water.



## **6. Exit Ritual, Day Greeting and Day Ending**

This week's Exit Ritual is:

Sky Father  
And Earth Mother  
Being in Radiance  
I Greet You.

This weeks Day Greeting and Day Ending is:

Winds of Knowledge,  
Being in Radiance,  
I Bid You Good Morning.

Winds of Power,  
Being in Radiance,  
I Bid You Good Morning.

+++++

Winds of Knowledge,  
Being in Radiance,  
I Bid You Good Night.

Winds of Power,  
Being in Radiance,  
I Bid You Good Night.

## **7. Additional Tools to Make or Buy**

### **Pendulum**

You can make a pendulum from almost any lightweight object suspended on a chain, string or thread. You can use paper clips, small rocks, earrings, hairpins, pendants, small medallions, crystals and talismans. If you choose to use a crystal, use an amethyst. Other types of crystals, especially quartz crystals, are too easily contaminated by negative energies. Store any kind of crystal you use as a magical tool in a pewter box, which protects it from contamination. Don't use Aurora crystals, which have been treated with petroleum. If you choose to hang your pendulum on a chain, use a silver chain. You can also hang your pendulum on any kind of natural fiber such as cotton or silk, horse or human hair or leather.

**Double Sided Camping Mirror**

These steel camping mirrors are about the size of an index card and reflective on both sides. They can be found in many outdoor and sporting goods stores. Here are some online stores that currently offer these mirrors:

Army/Navy Shop

[http://www.armynavyshop.com/Merchant2/merchant.mvc?Screen=PROD  
&Product\\_Code=rc498&Category\\_Code=](http://www.armynavyshop.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=rc498&Category_Code=)

Blue Line Sports Shop

<http://www.bluelinesportshop.com/campingsupplies/>

Safety Central

<http://www.safetycentral.com/stainsteelou.html>

**Waite-Rider Tarot Deck and Box or Bag**

You can find this tarot deck in most local bookstores, or from Barnes and Noble online at <http://www.barnesandnoble.com>. You will want to store your tarot deck, after it's keyed, in a box or bag made of all natural materials. You can make your own bag, use an old cigar box or buy a tarot box. You can buy tarot boxes from 13 moons: <http://www.13moons.com>.

**Pliers**

Purchase a set of pliers, preferably electricians or heavy pliers, for spellwork.

**Books of Shadows**

You will want to purchase or make 2 Books of Shadows, one for recording readings and one for recording spells. It's preferable to use new books, not books that have already been used for other purposes. For recording readings, some people use a 3-ring binder and fill it with copies of the tarot reading template provided by the School. Other people use blank books for both Books of Shadows. To protect your Book of Shadows you may want to put some kind of picture (dragon, tiger, hawk, etc.) or symbol on the front and back covers.

**Wisdom and Protection Candles**

You will need to purchase 2 white, sky blue or sun yellow candles to use for tarot readings. The candles should match in color and type. We prefer taper candles, which are easy to snuff out.

**Candle Carving Tool, Brushes and Paints**

To carve candles, you will need to buy a leather stamping tool, awl, crochet hook or something similar. You will key this tool like an athame. The carving end of the tool should come to a point but not be sharp. A somewhat blunted end will make for easier carving. You will need a set of watercolor or acrylic paints and a set of fine brushes for painting your spellwork candles. Both can be easily found at most arts and crafts stores.