

# LESSON I

## MAGIC

### MAGIC

Most people who have an interest in Wicca come to it first from an interest in magic. Therefore we will begin these lessons by talking about magic. Many people would say that magic is only a small part of the Wiccan religion, and in the sense of spellcraft, this is true. But in a broader sense everything about Wicca is magic, because Wicca is about transformation, creation, and spiritual growth -and this after all is what magic is all about. But what is magic, and how does it work?

### THEORY

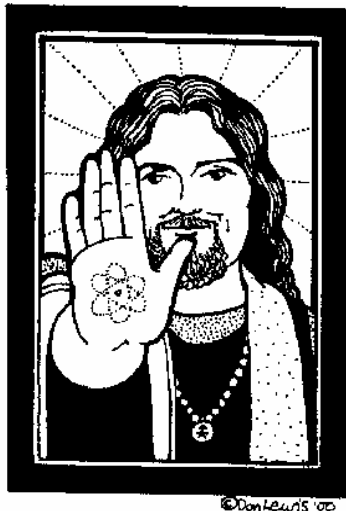
The Universe is composed of energy. Everything around you -everything you see and many things you don't- are composed of energy.

You, too, are composed of energy. Your body, which seems so solid, is composed of endless numbers of microscopic particles held together at the sub-atomic level by energy.

Science has taught us this. But the Vedic sages of India have taught this too - for many thousands of years. In Europe the Druids, and after them the Witches, recognized this fact as well.

Even the most solid stone is in fact composed of millions and billions of atoms and molecules orbiting each other in the endless and graceful Dance of Life.

This is part of the meaning of that ancient



maxim **"AS ABOVE SO BELOW."** That just as we live in a vast universe filled with countless stars, so too whole universes of a different nature exist within us, within the microscopic make up of our being. Worlds within worlds.

The electro-magnetic energy which holds electrons and protons and other microscopic particles in place has had many names; Chi (Asia), Mana (Polynesia), Orenda (Iroquois), Od (German), the Force (Star Wars), and Psychic Energy (contemporary). For the purposes of these lessons we will call it simply "energy."

Energy is not static or inanimate - it is responsive and dynamic in character. It is like a fluid in it's movements, and is symbolically likened to water. Yet it is also likened to light and to fire because of it's effects. In more contemporary times it has also been likened to an electric current in it's qualities, though it is not so harsh or unpredictable as this. In truth energy is unique unto itself, and only by working with it can you come to understand it -comparisons to other substances give only a rough approximation of what it is like.

It is the shape this energy assumes that creates the pattern of the physical world we see around us - for all physical forms are structured from it.

We interact with this energy every day - in every second of our lives. It constantly transforms, renews, or changes it's shape within and around us. This constant change responds to and is driven by our thoughts and emotions in ways of which most of us are unaware, and of which fewer still have any understanding. It takes it's shape from us, in reaction to us, as instantly and naturally as air conforms to the surface of the Earth, or water to the shape of the sea floor.

But this is an unconscious process - we don't think about it, we're mostly unaware of it. For most of us this daily shaping of energy occurs from the level of our unconscious beliefs and emotions, as automatic and out of our control as our unconscious is itself. Often we do not even know what our unconscious beliefs and emotions really are, let alone how they effect us on an energetic level.

But when we bring our conscious mind and will power to bear on this process, it is a very different situation. Rather than an unconscious process out of our own control, the shaping of energy -and thus of the world itself- becomes a precise and deliberate skill which lies directly in our hands.

This is **MAGIC**. The art of consciously focusing and controlling this all-pervasive energy. Through focused will and effort we use the universal energy to effect the things around us. As energy reacts to thought and emotion, thought and emotion can be used to control or influence it. (Energy also reacts to certain physical stimuli, but we will deal less with that aspect than with thought and emotion -yoga is an excellent forum to study the influence of physical stimuli upon energy.)

It must be understood that it is not from the ordinary level of our conscious mind that we do this. If it were everyone would be doing it, and it would be easy to teach.

Rather, magic is done from a higher level of

consciousness, the **HIGHER SELF**. Scientists studying psychics have found that when a person enters a psychic trance their brainwaves change. Psychics in trance do not use the normal beta waves associated with ordinary consciousness, but use instead the theta and delta waves associated with sleep. This is true of a person performing an act of magic as well - we access a higher part of ourselves, a change in consciousness which shows even in our very brain waves. Only at this level are we fully conscious, truly human.

It is not hard to reach this level - but it is hard to learn to do it at will, to be able to access it on command.



This is called **SHIFTING CONSCIOUSNESS**, and an accomplished witch can do it in the twinkling of an eye, with no external effort or trappings. The student however should expect to put out some effort to effect this change in consciousness, and may have to work

hard to master it. Also, a number of external factors may be used to help effect this change -specific words, ritual patterns, or items such as stones or artifacts which have power in themselves or which serve to put the person "in the right frame of mind" for example. Such external trappings are **KEYS** which we use to help us effect the shift in consciousness to access our higher self. They work on a symbolic level, bypassing conscious and unconscious limitations to act directly upon the higher self.

There are many different ways by which magic can be performed. All of them have the same basic goal; to focus energy and direct it from a state of higher consciousness. Visualization, trance, spellcraft (using external tools such as candles, cords, etc....), ritual of various sorts, chanting and toning, all of these and many other techniques can be used to create the necessary shift in consciousness. Which is the best way? That depends very much on the individual. What serves one person best may not work at all for another - everyone is different. That is why it is important to study and try as many different techniques as possible, because only you can know what will work best for you, and then only by experience. In these lessons we will present as much useful instruction as possible, and as wide a variety of techniques as possible, but in the end your growth depends upon your willingness to experiment and put together those techniques which serve you best.

## PRACTICE

Through magic we influence or control the things around us, therefore it is wise to use magic only to make these things better. The ancient rule of Wicca is "**Do As You Will, But Harm None.**" Magic is a great power, and can be a great responsibility, and you do well to use it wisely. Everything you do comes back to you, through **KARMA**. Every action you take, in time you will also experience from the receiving end. So that when you do something good for another, you are also doing something good for yourself, as you will eventually experience the same good as a recipient. But if you do harm, that same harm you ultimately do to yourself. This is very important to understand and remember. You should bear it in mind in every aspect of your life, including the magic you practice. To do harm is not only wrong in itself, but ultimately hurts the doer.

Moreover most Wiccans believe in the **LAW OF THREE**, that is to say that what you do comes back to you not only once, but multiple times. Some Wiccans believe that the number Three in the Threefold Law is meant to be taken literally -that the Karma of our actions returns to us exactly three times. In the Correllian Tradition we consider the number Three to be symbolic of plurality in general, rather than a specific number of times. Thus in Correllian terms the Law of Three means that you will experience the Karma of your actions as many times as necessary to learn the necessary lesson.

Always ask yourself “How would I feel if I were on the receiving end?” before you do anything that affects another, because in fact you will in time receive it back, for all things return to their source. But so long as you work with a pure heart and good intent, Karma will be your benefactor.

Magic and Psychism are words that describe two aspects of the same process - connecting to the higher self. The word psychic comes from the Greek Psyche (pro.; SI-kee) meaning soul or spirit, i.e.; the higher self. In magic we use this connection actively, to create a certain response in the world. In **PSYCHISM** we use the same connection passively, to receive information about the world. We also use the word psychic to describe the exercises we use to develop both these skills.

Magic is worked from the higher self. Everything that helps you to connect with your higher self helps magic. Regular meditation and psychic exercises are a valuable tool to strengthen that connection. The connection is like a muscle, and grows stronger with use. The more you do -even if at first you do not see success- the better you will get, and the easier it will be. Persistence is important.

In its opening stages the most important thing about magic is to concentrate -focus as much energy as you can into what you are doing. This is rather like wishing very, very hard. This level of concentration is always an aspect of magic, but later it will seem automatic and will not take such effort.

If you are visualizing, try to see what you are visualizing as clearly as possible. Make the image as concrete and three dimensional as you can. Visualization is one of the strongest aids to concentration.

Whatever magical working you are undertaking, by whatever method, try to put your whole being into it. The more of yourself you can put into the work, the more energy you can focus into it, the greater the effect it will have.

## PSYCHIC HYGIENE

One of the most important aspects of magical working, which is equally important in every magical act you ever perform, is psychic hygiene. Psychic hygiene prevents energy from becoming blocked in your body, which can make it difficult to use energy properly. Every time you do a magical work you raise energy -that is you focus and direct energy. When you have finished you will still have excess energy left in your body, which must be released. You might think that retaining this excess energy would be good, but it is not - it clogs up and causes problems. Too much of this excess energy can cause serious problems. So always practice good psychic hygiene.

You can sometimes tell if you have excess energy after a ritual or magical working if you find yourself feeling lightheaded, or off balance, or disoriented. Sometimes also it will manifest as a feeling

of hyperactivity, an inability to be still - literally a feeling of excess energy. But even if you feel nothing unusual, you may still have excess energy and make it a point to clear and release as a matter of course.

Another word for clearing and releasing excess energy is **GROUNDING**. You will find complete instructions for releasing in the **EXERCISES** section of this lesson. Make sure to read them.

Psychic hygiene is always important when you do magic or psychic work. You should cleanse and release both before you begin, and especially after you finish. But this is not the only time it's important. Many people on a magical path tend to pick up energy from others -usually emotional energy. Such a people may find themselves picking up another person's emotions, mood, or tension level, without knowing it. The same techniques of psychic hygiene can be used to release such “pick-ups” as well. Moreover, because we tend to pick up from others in this way, it is important to practice **PSYCHIC SHIELDING**. Psychic shielding basically strengthens your own boundaries, so that you do not pick up any energy you don't want. It's good to practice psychic shielding regularly, even daily, as it helps to keep the **AURA** strong.

## EXERCISES

The “**Exercises**” section of these lessons will be devoted to giving you a series of exercises or meditations intended to develop your psychic and magic skills. Again, psychism and magic are essentially the same thing, psychism being receptive of spiritual influences, magic using these same skills actively to achieve specific ends.

Psychic-magical ability is rather like a muscle, which grows stronger with use. The more you exercise your abilities, the more abilities you will develop.

In composing these lessons we have assumed that you know nothing, and are starting from scratch. We know that this is not true for all students, and that some will have already acquired considerable skill and ability. If you feel your level of skill is already far beyond these exercises, then think of them as a review of the basics, or perhaps a new view on the basics. Soon enough succeeding lessons will present you with more challenging exercises.

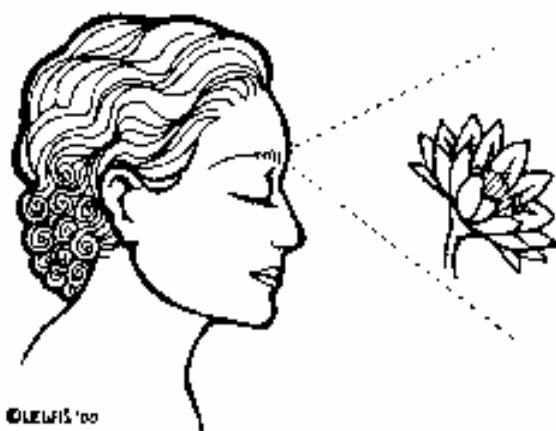
If you are starting from scratch and have never worked with these techniques before, practice them as much as possible. You should practice every day, and if it is possible for you, at the same time each day. If you cannot practice at the same time each day, it is good to try to do in the same part of the day -every morning, for example. This builds consistency and - believe it or not- really does make a difference to your progress.

How much you progress, and even whether you progress, depends on you. The time and effort you put

in are what will determine your growth in magical ability. Like anything else, practice makes perfect.

These exercises rely heavily on **VISUALIZATION**. Visualization is a very important magical technique. In magic our goal is to focus our energy very strongly toward the thing we want to bring about. When you visualize something, you imagine it very strongly, picturing it very clearly. When you first try visualizing, you may have to close your eyes and try very hard. It gets easier with practice, and later you will be able to do it with your eyes open. When you visualize something, try to see it as clearly and strongly as you possibly can, a 3-D image - just as if you were looking at a physical object.

This is because you are using the image, and the focus and concentration that go into it, to shape



energy. You are not idly imagining a pretty fantasy, but actually affecting the universe on an energetic level.

Some people find it difficult to visualize. If this is true for you, then try to imagine what the energy **FEELS** like, rather than just what it **LOOKS** like. But don't stop trying to visualize, as your ability to do so will improve with time, and the skill is of great importance.

### GOOD HABITS

As we have said, it is best to practice every day, to build skill. If at all possible it is best to practice at the same time each day. When you first begin to learn magic, it is best to practice on an empty stomach. You should wear loose, comfortable clothes, or even better no clothes at all, and you should select a comfortable position to work in. All of these things will help you to be psychically "open."

It is good to light one or more candles before you do your exercise. The candles will act as "batteries", giving you extra energy. When a flame burns, it gives off energy, which will aid you in your exercise. Quartz crystal also serves to amplify the energy in this way, so it can be good to have some nearby, or even hold it during the exercise.

Some people also like to use incense to help them shift their consciousness. Some good incenses to

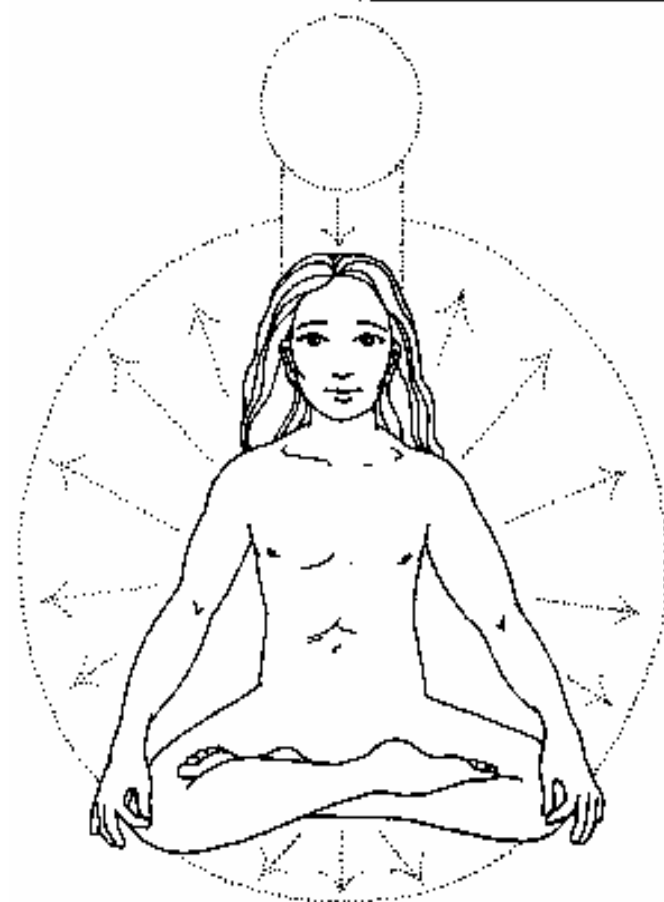
use are Sandalwood, or Frankincense, or Lavender. You can also use an essential oil. If you use oil, apply it to your forehead and the palms of your hands, as well as anywhere else you would like.

The first exercises you will learn are two of the most important basic practices you should know. These are **PSYCHIC SHIELDING** and **GROUNDING AND RELEASING**. These two techniques are the cornerstone of good magical practice, and their importance cannot be stressed too much.

In future lessons many other exercises will follow, but none are more important than these first two.

### PSYCHIC SHIELDING

Psychic shielding is very important. Sometimes we "pick up" energy from other people, without knowing we are doing so. Their moods or emotions may "bleed over" onto us, leaving us feeling angry, sad, tired, depressed, or whatever they are feeling -and not knowing where this emotion came from. Also, sometimes people will deliberately send negative energy to us -even though that is a very bad thing which one should never do. Such negative energies cannot harm you, as long as you don't let them in -but in daily life this is an unconscious process. To one skilled in magic and psychism however, this process under ones direct conscious control. With psychic shielding we set the boundaries which keep out unwanted energy from others, but simultaneously strengthen our own Aura, or



energy, keeping it healthy.

This exercise should be done daily, either when you go to bed or when get up, or as part of your daily psychic exercises.

Put yourself into a comfortable position and begin by releasing all tension and anxiety.

Visualize a ball of white light floating above you. Focus on the energy of the ball -know that it is full of love and strength and peace. Try hard to FEEL these qualities in the energy of the ball.

Now let the energy from the ball of light begin to flow down into you. The energy is a beautiful, clear white light. No matter how much light comes into you, the ball will remain equally strong for its true origin is the Goddess and it is a source of boundless spiritual energy.

Let the energy from the ball pour into you and flow throughout your body. Let it move out into your arms and legs, down into your fingers and toes.

Now let that light expand beyond your body. At first see the light expand just an inch out from your body. Now let it expand a little more -two inches, four inches... Let the light expand to form an oval around your whole body --an oval filled with clear, beautiful, loving white light from Goddess.

Now let that oval of white light expand to form a perfect circle of energy around you, expanding until it is about six feet across.

Now, in your mind affirm this:

*"There is one power in the Universe, and I am a perfect manifestation of that power. As such I will that the boundaries of my aura shall be strong and healthy, repelling all unwanted energy while remaining open to positive and healing energy. Safe within these boundaries nothing can harm me, for I am filled with the strength of the Goddess. By my will, so mote it be -and it is so."*

Now let the visual image of the light dissipate, but know that its protection and strength remain with you.

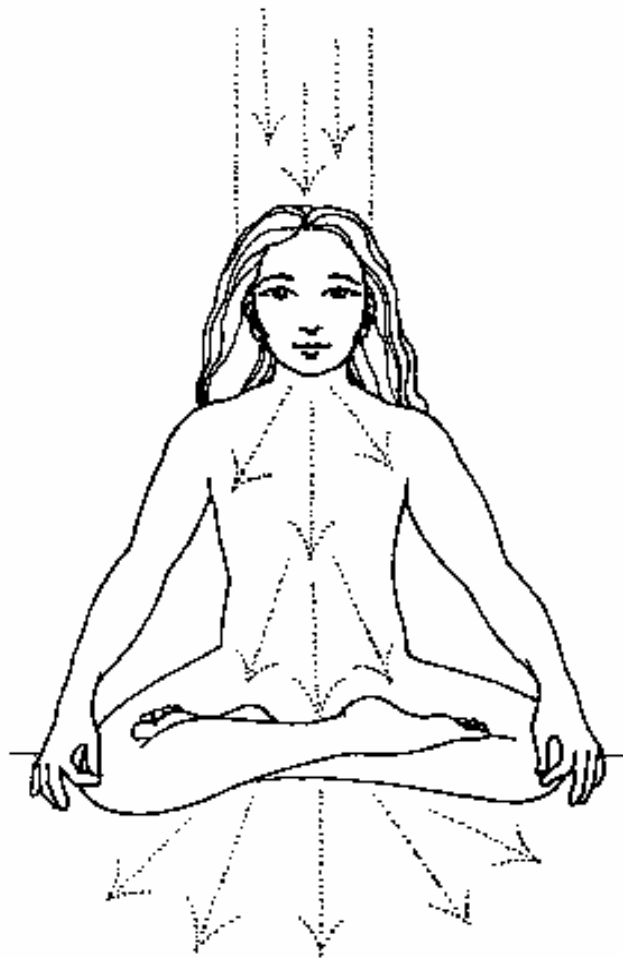
Now clear and release all excess energy as instructed above.

### **CLEARING AND RELEASING**

Clearing and releasing of excess energy is extremely important. It's important to do this before a magical working so that your energy will flow freely. It's important to do after a magical working so that the excess energy that may be left in your body doesn't cause you difficulties.

There are many signs of excess energy. Dizziness, lack of balance, feeling giddy or disoriented. Excess energy may also be marked by hyperactivity, inability to rest or sleep after a magical working.

There are many ways that are used to clear and



release excess energy.

The following is a good method of clearing energy, and the one we recommend you start with.

Use this technique before a magical or psychic working to release any tension or anxiety that you may be holding from the events of the day, so that your energy will flow freely. Use it after the working to release excess energy.

Put yourself into a comfortable position -it doesn't matter if it's sitting, kneeling, or laying down, but it should not be standing, as you may tend to lose your balance until you become proficient in the technique.

Visualize -that is to say imagine very strongly- a bright white light pouring down from above the top of your head and passing through your whole body, exiting through the soles of your feet. Release all tensions, anxieties, and stresses in your being, imagine them flowing out of you along with the white light. Let it all pour out of you. Imagine the excess energy as little bits of darkness being carried away with the light as it flows through you. When the last little bits of darkness are gone, let the light stop coming down, and let the last of it flow out of you.

Another version of this uses the image of water, rather than light. Some people find it easier, because the image is more familiar. So if you have difficulty

using light, try this;

Again, find a comfortable position. Imagine yourself lying in a river, with the water flowing through you, entering through the top of your head, and exiting through the soles of your feet. Imagine the excess energy as leaves and twigs and other detritus as might fall into a river. See the water carry these things away from you. Again, when the last is gone, you are clear.

There are many other ways to do this as well. Some people imagine themselves standing before a beautiful lake. They imagine themselves being very dirty. They walk into the lake, until the water completely covers their head. Then they see themselves walking back out of the water, completely clean. Other techniques visualize wind blowing through the person, to blow away the excess energy, or fire burning it away.

Still another technique is to imagine a long root, like the root of a tree, growing down from your root Chakra (your pelvic region, loosely speaking. You'll learn more about Chakras in a future lesson). Visualize this root going down into the Earth. If you are in doors, see the root going down through the floor and through any lower levels of the building, then entering into the Earth. Let the root going down deep into the Earth. Now imagine your excess energy running down through this root to Mother Earth. When you are done, draw the root back up into yourself.

One can also use physical objects to help release energy.

One of the simplest ways to do this is to put a bit of salt on the tip of your tongue, or run the tips your fingers through some salt. This will have a natural grounding effect, eliminating the excess energy.

Another technique is to hold a piece of **HAEMATITE** or an item made out of **LEAD**. These substances too, have a natural grounding quality, and will have some effect by themselves. But to get the best effect, hold the object and imagine the excess energy draining into them from all parts of your body. When you are finished, hold the object under a stream of cold water (such as a bathroom faucet) and imagine white light pouring through the stone as the water washes it. This cleanses the stone.

In each case the excess energy returns to the Mother Goddess when you release it. She will recycle it, putting it to good use elsewhere. Some people like to say an affirmation when they release such as "I clear and release all excess energy." or "I release this energy to the Goddess, to be used elsewhere." This sets a clear intent, and can sometimes help to focus the process. It is not necessary to say the affirmation out loud.

All of these techniques are good, but we feel the white light, or else the water, are preferable because they tie into things you will learn in successive

lessons, and as well as releasing excess energy they also exercise important psychic muscles that you will need later. But as in all things, the most important aspect is that it works well for you.

## SPELL OF THE MONTH

From our earliest beginnings as a species, we have recognized the healing and purifying qualities of water.

Immersion in water has always been a sacred act, as cleansing to the soul as to the body. In ancient times wells, lakes, and rivers were considered sacred, and people would immerse themselves to release negative energy, help heal spiritual blockages or imbalances, and prepare for ceremonies. Even today Hindus immerse themselves in the sacred Ganges river as an act of both spiritual and physical cleansing.

This spell is in the form of a ritual bath. A ritual bath is not for physical washing, but for meditation and to effect changes using the energy of the water and whatever may be added to it. This particular bath is for cleansing and blessing.

For this spell you will need:

- \*a bath tub
- \*a handful of salt
- \*a handful of dried Rosemary
- \*a handful of dried Sage
- \*white candles, as many as you wish
- \*a mirror -your bathroom mirror is fine
- \*oil

Sea salt is preferred, but any kind of salt may be used. The herbs may be added loose to the water, or you may tie them up in a square of cheese cloth for easier clean-up afterward.

It is not necessary to use candles, but are beneficial and will help to create a conducive atmosphere.

If you have access to it, a fragrant essential oil is preferred. Essential oils may be purchased at metaphysical stores, but also at bath shops or stores that carry aromatherapy products. A good oil to use would be Sandalwood. If you do not have access to essential oil, any oil can be used, especially Olive oil which has a long history of use in sacred rituals.

Pick a time when you will not be disturbed. Have all of your materials together.

Run a tub full of warm water. The water should be comfortable, so adjust it to taste.

While the water is running, add the salt, Rosemary, and Sage.

If you are using candles, light them and turn off the electric lights.

When the bath is ready, take a moment to ground and release, as you have learned how to do in the **Exercises** section of this lesson.

Now make a prayer, both to ask the help of Goddess, and to help set your intent. You can use words like these:

*"O Mother Goddess, help me to cleanse myself now of all that holds me back or blocks my growth and progress. Help me as I embrace my fullest potential and I open my heart to growth."*

Now get into the water.

Rinse yourself thoroughly, so that every part of your body gets wet, including your face and hair.

Now lay back.

Get comfortable.

Let the warmth of the water soak into you.

Take a few moments just to appreciate the sensation.

Now reflect upon your life.

Think about every part of your life that has ever held you back in any way. Every pain, sorrow, and anxiety. Every fear, hesitation, or self-imposed limitation. Review every painful memory, every event that ever hurt you. Be as thorough as you can.

And as you think of each thing, make an affirmation to yourself and to the Universe;

*"I release this. It leaves me now."*

You can say these words, or words to this effect, out loud, or concentrate on them silently.

Release each and every issue that holds you back. When you cannot think of any others, augment your efforts with a prayer like this;

*"O Mother Goddess, look within my soul and help me to release whatever remains that I have not seen."*

Now clear your mind. When thoughts come, do not respond to them, but let them drift right back out of your mind.

Meditate this way for a few minutes. Let the Goddess look inside you. Remain this way as long as you are comfortable.

Now rise. Stand up. Think of all the things which you have released. Affirm;

*"All that I have released, I leave behind me. May their energy return to the Mother to be reused."*





So saying, step out of the tub.

Do not dry off -let the air dry you, as you continue the spell.

Look into the mirror. Examine the face that stares back at you. Remind yourself;

*"This is a good person."*

Mean it. Tell yourself;

*"I love this person. This is the child of the Goddess, whom She loves."*

Now take up the oil. Open it, and dab out a little onto your fingers.

Reach down and annoint the top of each foot with the oil. Affirm;

*"Blessed be my feet, that I may walk in sacred paths."*

Now dab a little more oil onto your fingertips.

Annoint both knees. Affirm;

*"Blessed be my knees, that I may kneel at the altar of the Ancient Ones."*

Now get a bit more oil for your fingertips. Annoint your pelvic region (just above your pubic area, or where you please). Affirm;

*"Blessed be my womb/penis, that I may bring forth life, and art, and joy."*

Place a bit more oil on your fingers. Annoint the center of your chest. Affirm;

*"Blessed be my heart, which is formed in beauty, that I may love and receive love."*

Now take a bit more oil. Annoint your lips, and affirm;

*"Blessed be my lips, that I may speak the Words of Power in time to come."*

Finally, take a little more oil, and annoint the very center of your forehead. Affirm;

*"Blessed be my Mind's Eye, that I may see the unseen, and receive the messages of Spirit."*

Now look into the mirror, and speak words to the effect of;

*"In the name of the Goddess, I am blessed. Like a flower I shall open and grow. May all that I have released be replaced with the love and blessings of the Mother. So mote it be."*

You have now finished. Clear and release all excess energy, as you have learned to do.

You may feel an immediate difference from this spell. You may not. It can sometimes take days for the effects of the spell to become manifest. They deepen with time.

Not every aspect which you have released will necessarily disappear completely. You may have to go back and do additional healing for some. This is normal. Sometimes releasing works in layers, with each successive ritual releasing a little bit more.

And above all remember, practice makes perfect. If at first you have trouble with some aspects of the spell, such as the meditation or the concentration, do not be discouraged -practice! Skill is built through use.



# GOD OF THE MONTH

## "GENIUS - JUNO"

Paganism has many, many Deities. Each month **GOD OF THE MONTH** will give you information regarding a specific Deity, class of deities, or group of Deities. This is to help you build a knowledgeable overview of the concept of Deity, and to help you to interact with it.

In **LESSON II** you will learn more about how Wiccans view Deity. Once you understand that you will be better able to interact with the higher forms of Deity. Here in **LESSON I** however, we thought we'd start closer to home, with the Deity you may find easiest to understand; your own.

In **LESSON I** you are introduced to the concept of Higher Self. This is the part of you that lies above your conscious mind. It has access to knowledge and abilities that your conscious self does not, and it is not troubled by the fears and anxieties of the material world. Higher Self is an aspect of your soul, which is immortal and experiences many lifetimes. Higher Self is not a separate part of yourself, but rather a different level. The Higher Self is the part of you that becomes an ANCESTOR or a SPIRIT GUIDE after death, and it has that same ability now. It has knowledge and ability far beyond the conscious self, and it works always for the good -that is it's nature and it cannot do otherwise, not because it is prevented from doing so but simply because it would never occur it the Higher Self to do ill.

The Higher Self is also sometimes called the Spirit, but this can be confusing as the word spirit is used in so many ways by so many people.

Every person has a Higher Self, but most people have little contact with it. The conscious mind is separated from the Higher Self by the **VEIL**. One of the principle goals of a spiritual path is to part the Veil and see beyond it, accessing and using the powers of the Higher Self. This is what we do in magic.

The ancient Romans called the Higher Self the **GENIUS** (masc.) or **JUNO** (Fem.). They considered the Genius-Juno to be the Divine part of each individual. Every person was encouraged to be in touch with the Genius-Juno and to move in synch with it. In this way they believed that they would act from their best self, moving at one with the universe and learning the lessons life offered them with greater ease. They were encouraged to talk to their Genius-Juno and listen for it's answers, to honor it with offerings and ceremonies which served to strengthen their bond to it.

Every day the whole family would make offerings to the Genius of the head of the family, and sometimes also those of other important clan members, along with the gods who protected the household. In later times many families also made offerings to the Genius of the Emperor and sometimes the Juno of the Empress (This is the practice that horrified Christians

described as "Worshipping the Emperor as a God"). By making these offerings they believed that they were helping the person to achieve a closer bond with their Higher Self, and thus to be a better person - because the Higher Self always acts to the good, and cannot by it's nature do otherwise. The Higher Self is rather like what some people call a Guardian Angel, except that instead of being outside of you it's a part of you -a higher, better part with a clearer viewpoint.

Every year on their birthday each member of the family would receive these same offerings to their Genius-Juno from the whole house. This, more than the mere marking of age, is what made the celebration of birthdays so important. It was the time to acknowledge the persons highest, best self and encourage their relationship with it.

Most people also made daily offerings to their Genius-Juno in private. People would tell the Genius-Juno what they wanted to do, or learn, or acquire, in the hope that the Genius-Juno would help with this. These offerings commonly included something to represent each of the four **ELEMENTS**; incense (for air), the flame of an oil lamp(for fire), wine (for water) and cakes (for earth).

There follows a modern version of the ritual for honoring the Genius-Juno, which you might like to try as an aid to attunement with your Higher Self. It is perhaps different from the ancient ritual in form, but not in function. In keeping with modern custom the term Higher Self is used, rather than Genius or Juno. This ritual can be done whenever you wish, especially on your birthday. You can do this ritual by itself, or in connection with other similar rituals you will learn to honor the Ancestors and the Deities.

### RITUAL FOR THE GENIUS OR JUNO

You will need;

- \*some incense (any kind that you particularly like)

- \*a candle or candles. Your favorite color or any color you like.

- \*a glass of water, juice, wine, or other beverage.

- \*a picture to represent your Higher Self. It can be a photograph or drawing of your self, or a drawing representing the qualities of your Higher Self.

Set up an **ALTAR** using these elements. The altar can be anywhere that you would like, and will be taken down when you are done (or left up to use again, if you wish). You can set it up any way that seems good to you.

Begin by Releasing. Let all of the tensions and anxieties of your day flow out of you, as is discussed in the **EXERCISES** section of this lesson.

Now light the candle(s). Focus on the flame

and concentrate. Make your mind still, so that you are not thinking of anything else but what you are doing here and now.

Light the incense.

Now say;

*“I invoke You, O Higher Self.”*

Now try to imagine the image of your Higher Self before you. You can imagine It looking just as you look in the flesh, or as you would like to look, or might see It as a cloud of beautiful white light. Or some other image may come to you -one that you haven't thought of yourself, but which the Higher Self Itself has chosen. It doesn't really matter because the Higher Self doesn't have a physical form, and the image is only to help you communicate with It better, by giving you something to focus on.

Speak to the Higher Self. These words are only to give you a basic form; you should speak from the heart.

*“I attune to my Higher Self. I move in harmony with my Higher Self. I am at one with my Higher Self. Oh Higher Self, I ask You to help me to see and understand the lessons of my life, give me clarity and courage to learn them, and help me to learn them with ease and joy. I rededicate my self to the purposes for which I entered this life and ask You to guide me through them.”*

Lift up the glass. Imagine a bright white light shining from it, as though it were glowing.

*“☉ Higher Self, I offer You this glass in token of the love I bear You.”*

Now drink the liquid. Imagine the white light entering you along with the liquid -spreading out through your chest and giving you a pleasant warmth. Put the glass back on the altar.

Now take a few minutes and meditate while the candles and incense burn, and the offering stands. Imagine your Higher Self strong and healthy and happy. Concentrate on It. In this way you are sending the Higher Self energy and strengthening your bond to your It.

When you have finished, say;

*“☉ Higher Self, I pray that You have enjoyed this offering. I give you my thanks and my love.”*

Now put out the incense and extinguish the candle. It is an ancient belief that you should never extinguish a candle by blowing on it -Rather you should use a candle snuffer, pinch it out with your fingers, or extinguish it with the side of a blade. This is because blowing on the flame is considered disrespectful.

You should also wash the glass under cold running water and imagine white light flowing through it along with the water. Say;

*“I cleanse you,”*

Concentrate on the water and white light removing all excess energy from the glass.

\*You can also use this invocation by itself, anytime you feel a need to attune to the Higher Self.

## GLOSSARY

**MAGIC** -Magic is the technique of creation. Magic is a method of creating, changing, or affecting circumstances through the manipulation of energy. Magic is accomplished through the focus of will power and emotion, which shape energy. Magic is best used for self improvement, prosperity, and healing.

**HIGHER SELF** -The higher portion of ones being, through which the connection to the Divine is perceived. By attuning to the Higher Self we move in concert with the part of us which is Divine and have access to its knowledge and powers. **LESSON 2** will give more details about the nature of the Higher Self.

**SHIFTING CONSCIOUSNESS** -The process through which we rise from our normal thinking level of consciousness to connect with our Higher Self. It is from this higher level of consciousness that magic is practiced as a conscious act. Science has shown that our brain waves actually change when we shift consciousness in this way, creating a distinctly different state from that of our normal mind.

**KEYS** -A “key” is something which we use to help induce a shift in consciousness. The key may be anything that evokes the desired mental or emotional atmosphere, making the “shift” easier to accomplish. By making us feel “magical” these “keys” help ease us into our higher selves. An example of a “key” is candlelight, which can do much more to put us into a magical state than, say, fluorescent light.

**DO AS YOU WILL, BUT HARM NONE** -The Wiccan Rede, the great law of Wicca. Because what you do comes back to you -through Karma- magic and all other actions should be used for constructive purposes only. Using ones actions for harm is wrong and will only bring

harm to you in the end.

**KARMA** -Divine justice, or balance. Karma tells us that for every action there is a reaction. A good action will beget good. A bad action will beget bad. Everything we do comes back to us in time. Sometimes in this life, sometimes in another, but all eventually returns. To satisfy Karma one must learn the lesson of the action - not merely experience it. And one will re-experience the event as many times as necessary to learn the lesson.

**LAW OF THREE** -Most Wiccans believe in the “Law of Three,” that is that what you do -good or bad- comes back to you multiple times. Some mean this literally, others mean it symbolically: that you will repeat the experience as many times as necessary to learn the lesson it offers, “three” here simply meaning “multiple times”. The Correllian Tradition holds to the latter view. The true meaning of the Law of Three has nothing to do with the number of times, but with the concept that Karma is about learning rather than simply balancing out ones acts.

**PSYCHISM** -Magic is the art of actively using the powers of the soul. Psychism is the art of using those same powers passively; to receive information or communication from the Higher Self or from others. Magic and psychism are intimately connected and the division between them is arbitrary, and solely to make understanding simpler.

**GROUNDING** -Clearing and releasing excess energy to focus back into the physical here and now, after magical or psychic work.

**PSYCHIC SHIELDING** -Strengthening one’s aura to keep out extraneous or unwanted energies.

**AURA** -The field of Spiritual energy around the body. The size, shape, and color(s) of the aura can tell many things about the persons Spiritual state.

**VISUALIZATION** -The art of concentrating or imagining something very strongly, usually as a visual image. In this way you focus mind and emotion to shape that which is visualized into reality.

**RELEASING** -Allowing excess energy to flow out of one, so that it can be grounded: returned to Mother Earth to be used in other, more productive ways.

**VEIL** -A term describing the inability of the ordinary conscious mind to easily access the powers or memories of the Soul.

## Exam for Lesson I

You may take the exam online at WitchSchool.  
<http://www.witchschool.com>