



LESSON X

BASIC ENERGY WORK

BLESSED BE

What does it mean to give a **BLESSING**?

Is a blessing no more than a nice prayer or a wish for good things to come to someone? Does a blessing really do nothing more than show respect or affection?

We sometimes use the word "blessing" to mean no more than friendly good wishes, or a vague acknowledgment of Divine love. When we use the term "Blessed Be" in daily conversation we often mean no more than this. Yet in its truest form a blessing means

much more.

A blessing is a transfer of energy.

When we give a blessing we transfer a bit of energy from ourselves to the person or thing receiving the blessing. We do this by **CHANNELLING** the Divine energy to which we are connected through our Higher Selves. The Divine energy passes through us to the one being blessed, and helps to activate the Divine energy within them.

Such a blessing has an actual physical and spiritual effect on the one being blessed. The blessing can open doors in their psyche, activate latent talents, or stimulate healing. Or it may simply impart a pleasant feeling and help to strengthen their connection to Goddess.

In these lessons and their accompanying exercises we have talked a great deal about how to focus and direct energy within our own bodies, and how to send energy out of our bodies to create energy constructs such as the Magic Circle. More difficult but equally important is the ability to send energy between persons, or to receive it oneself. This is called **ENERGY TRANSFER**.

ENERGY

As we said in **LESSON #1** and have frequently restated since, the Universe and everything in it are composed of energy. Swirling, constantly shifting energy which assumes complex patterns in reaction to our thoughts and emotions, creating a false illusion of solid matter.

In every moment of our life we shape this energy unconsciously -it takes its form from us. In magic we learn to shape it consciously.

Our body is composed of energy, as is our soul. Like the shell of a snail, the body is an emanation of the soul, even as the soul itself is an emanation of the Goddess. Thus the Divine energy of the Goddess is always present at the center of our being, and we can learn to consciously access it through the practice of psychic and magical arts.

When we look at the physical form of a person or thing, we are seeing only the external shell of the soul, which conceals much more within. By accessing the inner being -the soul- we can greatly affect the seemingly solid exterior.

We do this by transferring energy -that is to say, sending energy from one person or thing to another. We use energy transfer for a number of reasons, some of which include:

HEALING: Energy healing is used to promote spiritual or emotional healing, or to aid in physical healing. In healing we access a persons energy and remove blockages or "negative" energy, and inject positive, healing energy. In the hands of an accomplished practitioner energy healing can be as complex and as precise as a physical surgery.

BLESSING: As previously discussed blessing is an injection of Divine energy meant to strengthen spiritual connection or foster spiritual opening or growth.

COMMUNICATION: Energy can be used to share communication as well -a message or messages are placed into energy which is then used to communicate it directly to the recipient, bypassing the conscious mind entirely. This is how we receive messages from the **ANCESTORS** or **SPIRIT GUIDES**. We can also send information in this way as well.

With any of these methods of energy transfer the recipient may or may not have a conscious reaction to the event. Some people will feel the slightest variation in energy, while others will not feel even the strongest energy work. It depends on how psychically open the person is, and how sensitive they are to energy. If you're doing energy work on a person and they don't feel it, don't let that bother you -it doesn't mean you're doing it wrong, it just means the recipient is not psychically able to pick up on it.

HOW IT WORKS

The body is composed of energy.

This energy is regulated by energy centers commonly called **CHAKRAS** or **PLEXI**. There are thousands of such Chakras throughout the body, connected by **MERIDIANS** or energy pathways. When several of these small Chakras work together they form a larger Chakra with several levels. There are many of these larger Chakras throughout the body as well.

In doing energy work you may work with any of these small or larger Chakras. But you are more likely to work with one of the seven so-called Major Chakras, which we have described in earlier lessons. Each of these Major Chakras is actually a network of many lesser Chakras, grouped together to form a single unit. Because of this the Major Chakras have many different levels, which may be developed differently in different people,

depending upon their experiences.

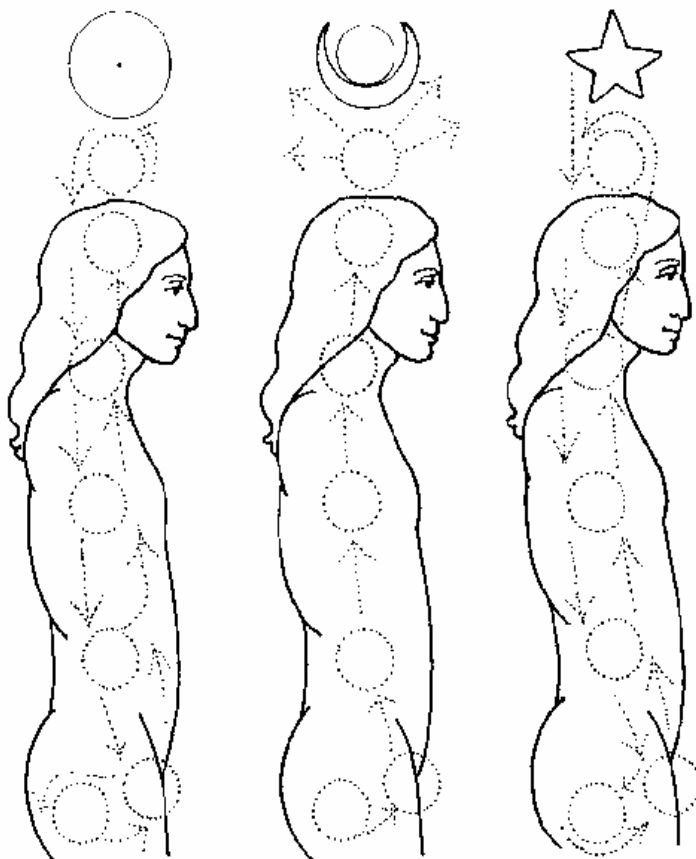
Energy flows from one Chakra to another by means of the Meridians. The ways in which the energy flows through the Chakras are called **CIRCUITS**. There are several such circuits, which have different qualities and purposes.

We have already spoken about the **SOLAR CIRCUIT** in **LESSON #3**. The Solar Circuit, based in the Solar Chakra, is the energy system which keeps the body's basic functions going. The Solar Circuit is fueled by the inexhaustible energy of the soul, and runs automatically -like breathing. We don't have to do anything to get or keep the Solar Circuit going, but we can inject extra energy into it, usually through the Heart Chakra.

The second energy circuit we will discuss is the **LUNAR CIRCUIT**. Based in the Root Chakra the Lunar Circuit is the circuit commonly studied by Hindu systems, and sometimes referred to as the **KUNDALINI** system. Unlike the Solar Circuit, the Lunar Circuit is not automatic, and can only be engaged through study and training. The Lunar Circuit is used to perform high level magic, or "miracles", and is capable of achieving incredible results -but it can also be very dangerous and hard to handle, and so should only be used with care. Unlike the Solar Circuit the Lunar Circuit must be deliberately started and stopped, and does not run constantly but is only used for short periods of time.

The third energy circuit of the body is called the **STELLAR CIRCUIT**. The Stellar Circuit is primarily used to receive energy into the body. Based in the Crown Chakra, the Stellar Circuit is used to receive many kinds of energy, but especially energy programmed for communication: This is the circuit by which channeled messages are received and through which clairvoyance operates. It is particularly important for dealing with Ancestors and Spirit Guides. Like the Lunar Circuit the Stellar Circuit is not automatic, but must be specifically started and stopped. The Stellar Circuit is also often used for healing.

Whenever you put energy into another person, or receive it into yourself, the energy will enter one of these circuits. At a beginning level it is not especially



important that you know which circuit is being used, as the energy will naturally go where it is needed. Later you will learn to differentiate between them.

The energy of the soul goes well beyond that of the body. Most commonly this is perceived as an **AURA** -that is to say an envelope of energy surrounding the body. A healthy Aura extends several feet in all directions around the physical body, but is easiest for the beginner to detect within a few inches of the skin. An accomplished clairvoyant can tell a great deal about the state of a persons energy by the colors and patterns in their Aura. For the beginner the temperature and sensations associated with the Aura will be more easily read. It is through the Aura that we can locate blockages in the Chakra system.

A common technique of energy work is to fill the aura with light. The color and qualities of the light used determine the nature of the effect. This technique can be used for shielding, for strengthening, for healing or cleansing, or for many other uses. If you have been doing the exercises which accompany these lessons, then you will have learned how to do this for yourself - but through energy transfer you can do it for others as well.

HOW TO

Now that we've talked about how energy transfer can be used, and a bit about how it works, you probably want to know how to do it. Energy transfer is accomplished by projecting energy from your body into someone elses. The energy is pulled in from the Universe, and channeled through your body to the recipient. Commonly the hands are used, the energy being focused through the Palm Chakras.

If you have been doing your exercises, you will already know how to focus energy through your Palm Chakras. Imagine the energy projecting from your palms as a beam of light. Focus intensely upon this, and imagine it as clearly as possible. You are now transferring energy.

Energy can be injected through the Crown Chakra, or through any other Chakra. To determine where to send energy, you will want to scan the person's body. Certain places will feel "different" and these are the one's that need energy work. Also if a person is sick or injured in a certain area and just wants healing energy, you can send it directly into the place that hurts.

Energy can also be removed from the body. You do this by pulling the energy out, rather like a vacuum sweeper.

If you turn to the **EXERCISES** section of this lesson, you will find more detailed instructions for doing this kind of energy transfer.

Like anything else, practice makes perfect, and you should not expect to be proficient at once. Keep working with it, and you will master the technique.

Because energy transfer is not normally thought of as a First Degree skill, our purpose here is only to

review the basic ideas involved, and give an idea of what it's about. The techniques given in this lesson are very basic and introductory. You will learn much more about energy working if you go on to study for Second Degree, or you could study energy working independently.

EXERCISES

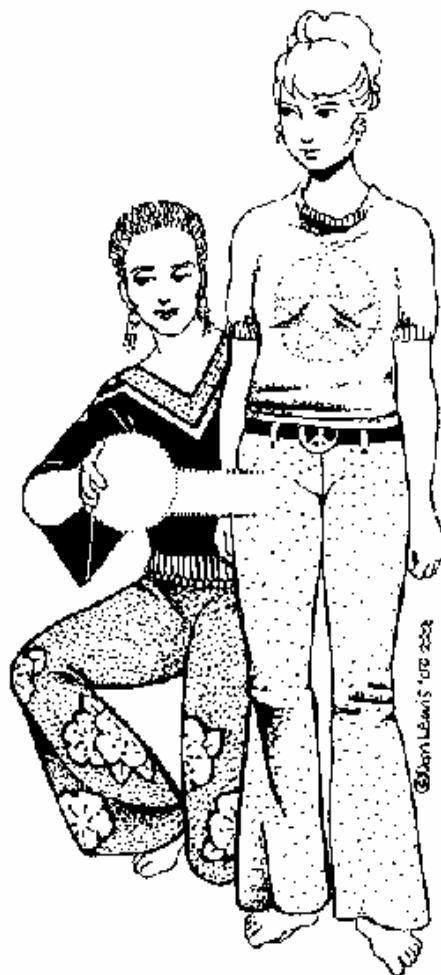
The Exercise included in this lesson is not part of the ordinary regimen of exercises you have learned, but is a totally separate exercise on the subject of energy transfer. Continue your ordinary exercises as you have been doing them, and try this separately.

To try this you will need to work with another person. If you cannot find another person to work with, you can use a plant or animal, as these too have energy systems to which the exercise is applicable.

To begin, clear and release all excess energy, as always.

Now stand to the side of your working partner, so that they are in profile to you -it will be easier to tell what you're feeling that way. Starting at the top of your partners head and working your way down, pass your hands over them, about two or three inches from the surface of their body. Pay attention to what you feel. The first time you try this you may not feel anything, but if you continue to work with it you will soon develop the sensitivity.

Pay attention for any part of the body that feels "different". How you perceive that difference may vary -it may feel warmer than the rest of the body, or have a feeling of static, or it



may seem to "pull" you, or it may take some other form. But one way or another you will feel parts of the body that have a different feeling from the rest: these are **BLOCKAGES**.

Pay close attention to where these blockages are. When you have finished scanning the whole body, return to the places where you found blockages. Place one hand over the area of the blockage, again several inches from the body. You will find that one hand or the other is better for doing this with, but whether it is the right or left hand varies from individual to individual, so you will want to experiment with both until you find out which is stronger.

Visualize a ball of white light coming from your Palm Chakra. Imagine the negative energy of the blockage being sucked into this ball -concentrate strongly on this, and "pull" the negative energy with as much effort as needed. Now slowly pull the ball of white light with the negative energy inside of it, away from the body. More negative energy may be pulled along with the ball, extending behind it rather like a rope. Discard the ball and continue pulling the "rope" of energy out of the body until none is left. As you pull this negative energy out and discard it, imagine it turning to purple colored light -this is called **TRANSMUTING**, it recycles the energy so that it may be reused for more constructive purposes elsewhere in the Universe.

When you have removed and transmuted all of the negative energy, place both hands over the area you have been working with. Imagine white light flooding into you through the top of your head and passing out through your hands into the person you are working on. Continue to do this until no more energy will go in.

You have now accomplished a basic energy healing.

Clear and release as always, and you are done.



SPELL OF THE MONTH

The Witches' Ladder

The Witches' Ladder is an ancient technique for working a spell, and quite simple to do.

What you will need: a length of cord.

Silk cord is nice, but anything will do -such as a piece of string, a shoelace, a scarf or tie, etc...

Before you make your Witches' Ladder you must first be clear on what it is you wish to accomplish.

The Witches' Ladder can be used for any purpose, but it is best used to bring about something which is accomplished through an on-going process -such as increasing prosperity, learning a particular skill, losing weight, etc- rather than something which is accomplished in a single event.

As always remember the Wiccan Rede "Do As You Will, But Harm None," and start out with reasonable goals -skill is built through practice.

Begin by placing yourself in a comfortable position, then clear and release.

Now imagine a ball of golden light in your Heart Chakra.

Say to yourself:

"Behold, I am One with the powers of the Universe."

Now imagine that ball of light growing larger and brighter, radiating out in all directions like a sun inside you. Let the ball of light grow to fill your chest, growing stronger and stronger as it does so.

Now take your cord (and any other items you may be using, if you are doing either of the variations given for this spell) and place it before you.

Make three Tuathail, or counter-clockwise, circles above the cord with your hand. Say something to the effect of:

"Behold, I cleanse and purify you, sending out for you any impurities which may lie within."

Imagine the cord surrounded by a golden light. Imagine it shining brightly, then let the image fade.

Now make three Deosil, or clockwise, circles above the cord and say something like:

"Behold, I bless and consecrate you to this purpose!"

Imagine the cord surrounded by a blue-white light, shining brightly. Again hold the image for a moment, then let it fade.

Now take the cord in your two hands, or hold your hands to either side of it (palms facing it). Imagine a ball of white light between your hands, surrounding the cord. Concentrate on the goal you wish to bring about through this spell -focus as hard as you can on the goal for several minutes. Imagine the goal inside the ball of light, or some image that represents the goal. See the goal as you want it to be when it is already accomplished and complete -if your goal is to gain a skill for example, imagine yourself already proficient in it. As you imagine this, know that this goal is already accomplished and only needs to be drawn into physical manifestation.

Now let the image of the goal and the ball of

light fade, and take up your cord. Continue to focus on your goal, seeing it already accomplished.

Still concentrating on the goal, take the cord and tie a knot near one end of it. Say:

“By Knot of One, the spells begun.”

Imagine yourself one step closer to having your goal.

Now tie a second knot a short distance from the first, and say:

“By knot of Two, no power undo.”

Focus even more strongly on the goal, knowing that each knot draws it closer.

Tie a third knot, and say:

“By knot of Three, so mote it be.”

With each knot know that your goal comes closer to you, imagine it more strongly and know that it is truly yours. Tie the fourth knot, saying:

“By knot of Four, open the door.”

Then the fifth:

“By knot of Five, it comes alive.”

The sixth:

“By knot of Six, the spell is fixed.”

The seventh:

“By knot of Seven, the boon is given.”

The eighth:

“By knot of Eight, decreed by Fate.”

And lastly tie the ninth knot:

“By knot of Nine, now it is mine!”

Now once again imagine white light all around the knotted cord, and place your hands above or beside the cord with palms facing it. Again imagine the image of your goal very strongly. Then release all of your focused energy and concentration directly into the cord -do this just as you do when you clear and release before or after any working: imagine the energy flowing out of you in the form of light or water.

When all of the energy has flowed from you into the knotted cord, take it and seal it in a safe place. It is best to bury it in the Earth, and especially good if you can bury it at the foot of a tree. This symbolizes the

physical manifestation of the goal.

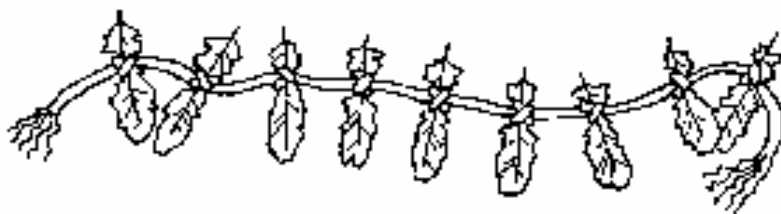
In some cases you may wish to keep the Witches' Ladder in your house, rather than burying it out of doors. You can do this by placing it in an Earth pot -a pot filled with soil and kept on the altar or a special place. Or you could make a special box or bottle for it. In any of these instances you will fill the receptacle with soil, then bury the completed Witches' ladder in it.

VARIATIONS ON THE WITCHES' LADDER

The simple technique used to make the Witches' Ladder has many variations. These can add to the efficacy of the spell by deepening your connection to it. This deepening is accomplished by appealing to the Higher Self through symbolic means or “Keys.” We discussed Keys in **LESSON 1** -Keys are aesthetic or symbolic elements which help you to make the Shift in Consciousness and access your Higher Self, thus facilitating magical work. Anything which appeals to you creativity or your sub-conscious, and puts you in a more “magical” mood can be a Key.

VARIATION I

Make your Witches' Ladder using not one but several cords of differing color. For example to do a prosperity spell you might combine a green cord, for fertility and abundance, with a yellow cord, for success. Or for psychic development you might select a dark blue cord, for psychic ability, a pale blue cord, for communication and learning, and a violet cord, for spiritual guidance.



VARIATION 2

Instead of simply tying a knot, tie something into the knot. You might use beads, or twigs, or feathers -to give just a few examples. Then tie one into each knot as you work the spell. The use of feathers is a particularly ancient version of this spell, and examples have been found dating back hundreds of years.

GOD OF THE MONTH

THE KING

King, Father, Counselor, Judge.

Of all the forms of the God, this is the one with which most Wiccans have the greatest difficulty.

Centuries of Christian rule have caused the



identification of the King archetype with **PATRIARCHAL** domination, and the ruthless suppression of the weak by the strong.

Distorted images of the “King of the Gods” capriciously interfering in human life, moving people around like chess figures, have left a sour taste in the Wiccan mouth. But these images have more to do with the Christian Jehovah than with any Pagan God.

In Pagan mythology the King is a positive figure, empowered not in His own right but by union with the Goddess. His wisdom and strength are an aid to Her and a blessing to us. He does not “rule” but rather works to advance His family and community, whose welfare are His responsibility. The God has sacrificed Himself at Summer Solstice, giving His life force for the greater good, and it is as King that He carries this out, pouring

out His love for the world through constructive action.

The King is the God of the harvest. He is the Sun which has begun to dim, following the Summer Solstice, and Who in dimming nurtures the crops which ripen in fall. He is the spirit of the crops, literally sacrificing His life that others may live. The King is the God passed from warrior to leader, nurturing family and community rather than merely self.

He is the father Who has given up the independent life of a child to be part of a family, given up His separateness to help in the raising of His children and the running of the community.

The King is the protector of the people, the keeper of the peace. He is the God of honor and of law, of honesty and civility. He is the God of contracts and agreements, guardian of the **SOCIAL CONTRACT** -the agreed upon terms by which we live together in peace.

The King is a Judge, but His judgment is not the careless imposition of capricious will, but the willingness to tackle and resolve difficult situations, to abide by and uphold agreements, and to keep the peace. The King is the God of balance and justice, which makes it especially appropriate that His festival should be the Fall Equinox, when the Sun enters Libra the Scales.

The King is the temporal or outward aspect of the Old God, the Sorcerer being the spiritual or inward aspect. As such the King is the God of structure and form. The King puts the physical world to order and establishes solid forms and systems, while the Sorcerer overcomes the illusion of solid form through magic. Where the Hero is expansion and growth, the King is stability and prosperity -He makes the good things of life plentiful and sustainable by the application of organization.

He is the God Who turns the Goddess' spinning wheel, the **WHEEL OF FATE**, so that She may spin the thread of existence. He puts Her will into action, protects and upholds Her. He is Her stalwart supporter, champion and helpmeet. She has birthed the world, and He protects it with Her, even as the father bird protects the mother and the nestlings.

Below follow several examples of the King:

ATLAS -Atlas is one of the Titans, Gods of pre-classical Greece. A God of the sky, Atlas' consort is the Goddess Pleione, Whose daughters are the Pleiades. Atlas was associated with the West, and the Atlantic ocean is named for Him, as is Mt. Atlas. Most of Atlas' mythology is lost with the other Titans, but enough survives to draw some conclusions. Atlas is a God of cosmic order, Who separated Earth from Sky, and bore the Sky upon His shoulders -an act of self-sacrifice which enabled the Universe to assume its present form. He was a Patron of law and government, and a culture hero. According to Plato, Atlas was the founder of the Kingdom of Atlantis, creator of its culture and progenitor of its royal house. Atlas was the father of the Hesperides, the three Goddesses Who guarded the apples of immortality at the far western edge of the world.

JUPITER -Roman King of the Gods, Jupiter is related to and identified with the Greek Zeus, but is not identical to Him. Jupiter is above all a God of law and government, justice and wisdom. To the Romans Jupiter embodied all of the qualities of a good father, including sobriety and impartiality. Jupiter is associated with prosperity, expansion, and growth, self-confidence and optimism. Jupiter's consort was Juno (originally the Etruscan Moon Goddess Uni), and Their daughter the Goddess Minerva, also Etruscan in origin and identified with the Greek Athena. Long after the fall of Rome, Jupiter remained an important Deity in Alchemical, Astrological, and Hermetic systems.

NODENS -A God of the ancient Celts, much of Nodens' mythology is lost. He was King of the Gods, and is associated with prosperity and expansion. Nodens was a God of law, protection, and Patron of government. A God of water, offerings were made to Nodens by dropping them into His sacred wells. According to mythology Nodens was obliged to turn over the Divine Kingship to Lugus after losing an arm in battle. Nodens' lost arm was replaced with a silver arm, indicating a connection to the German Tyr. Nodens is also a God of healing and medicine.

RA -Falcon headed God of the Sun, Ra was considered chief among the Gods of Egypt for many centuries. Ra is the God Who maintains the cosmic order, reigning in the sky by day and under the Earth by night. Nightly overcoming the serpent Aapep (chaos), Ra embodied and maintained the cycles of existence. Ra is a God of justice and honor, civilization and law. According to one myth Ra created humankind from His tears of compassion. In another myth the great Goddess Isis won the deepest secret of magic from Ra by means of enchantment. A typically syncretic Egyptian Deity, Ra was identified with the creator God Temu, and with the great southern Deity Ammon. The center of Ra's worship was the city of An, called Heliopolis by the Greeks.

YU-HUANG-SHANG-TI -The "Supreme August Jade Emperor," Chinese King of Heaven, Who maintains the balance and order of the Universe and the eternal progress of its cycles. Patron of government and of law, Yu-Huang-Shang-Ti is God of justice and honor, duty and responsibility.

GLOSSARY

BLESSING -In blessing we access Divine energy, channel it through our body, and impart it to another person or thing. For example when we bless the Chalice in ritual, we impart the Divine energy into the wine, through which it then enters all who partake of it.

The Divine energy will interact with the recipient either in a predetermined manner (as in an initiation), or act on its own to give the recipient whatever way they most need (as in a general blessing).

CHANNELING -Channeling is a method of communication by which messages or information are imparted to a person (called a "channel" or "medium") by energy transfer from Spirit Guides, Ancestors, or Deity. The energy enters through the persons Crown Chakra and passes through their brain, where it takes a form they can understand. Sometimes the message comes in words, sometimes in pictures, sometimes by just "knowing". Often the channel will have no conscious memory of the message. This is also called an Oracle.

ENERGY TRANSFER -An energy transfer is a transfer of energy from one person or thing to another. The transfer of energy is used in many ways, including healing, blessing, and channeling. Energy transfer is a powerful tool for transformation and teaching. Because everything which exists is composed of energy, energy can be transferred between anything which exists, in one direction or the other.

ANCESTORS -Our Ancestors are the spirits of those who have gone before, who are consulted for advice and direction, and whose example helps to define who we are. Usually we think of the Ancestors as members of our family, but any person or group to whom we are connected can serve as Ancestors. Ancestors are a class of spirit guides, to whom we are connected through this life.

SPIRIT GUIDES -Spirit Guides are spirits who work with us as guides and advisors. Every person has a number of spirit guides to whom they are connected. The guides work to help the person, even though the person may not be aware of their influence. For some people the guides appear as humans, for others they appear as animal spirits. Most often the guides are spirits you have known in this or other lifetimes. It is beneficial to talk to the guides frequently and work to build a relationship with them. One can also learn to receive messages from ones guides. In Judeo-Christian religion Spirit Guides are called Guardian Angels.

CHAKRAS -Chakras are the energy centers of the body. "Chakra" is a Hindu term meaning "Wheel," used because the energy centers are commonly visualized as balls or "wheels" of light. Many different peoples have developed systems for working with the Chakras, and these different systems have many variations - some identify more or fewer Chakras than the seven Major Chakras commonly used today, or identify their locations differently. This is because knowledge is constantly developing as we continually learn more. Also different people's Chakras tend to be developed differently depending upon how they have worked with

them. Like the physical body, the energetic body develops individually -charts and systems are only a general guideline.

PLEXI -Plexus (pl. Plexi) is the Latin term which the Hindu term "Chakra" has mostly superseded. The study of the Plexi goes back many hundreds of years in Europe, and a detailed system was developed for interacting with them. When Europeans encountered the superior Hindu system for working with the body's energy centers, the Plexus system was largely discarded. The last familiar vestige of the Plexus system is the term "Solar Plexus."

MERIDIANS -Meridians are the pathways that energy follows as it flows between Chakras. When Chakras are blocked not only the Chakras themselves but the

Meridians also fill up with clogged energy, which can cause a variety of physical difficulties. Meridians are most commonly studied in connection with healing techniques such as acupuncture or moxibustion.

CIRCUIT - The term energy circuit refers to the pathway that energy travels in the body. Energy follows the circuit, moving along the meridians between Chakras. It is through the circuits that the Chakras receive their energy. There are

three main circuits that are commonly used, and these are termed the Solar, Lunar, and Stellar Circuits. These are not the only circuits which exist, but are the ones you will work with most.

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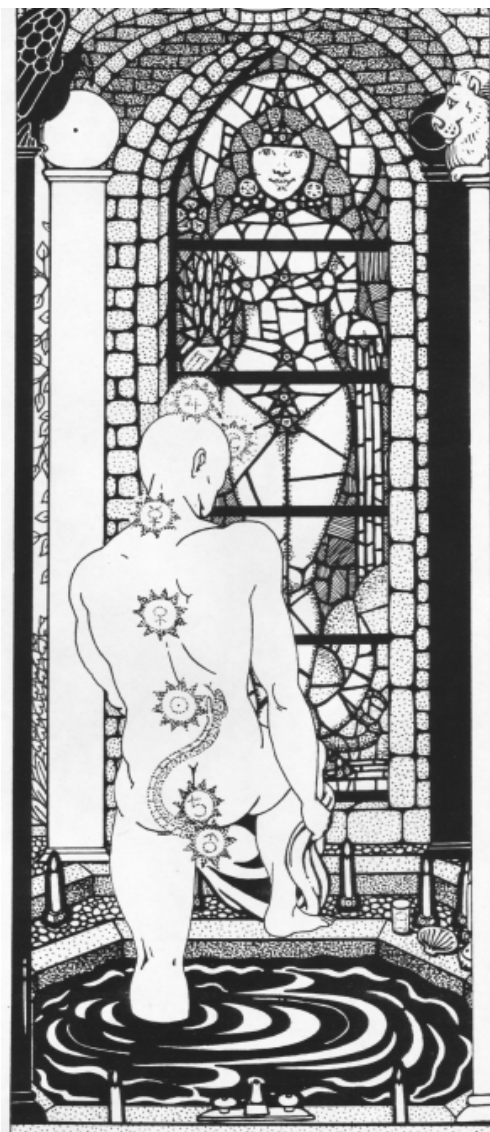
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KUNDALINI -The term Kundalini is used to refer to the kind of energy which is used in the Lunar Circuit. In Hindu thought the Kundalini takes the form of a serpent which sleeps at the base of the spine. When activated, the Kundalini serpent rises through the seven Major Chakras, uniting them to form a kind of "super-Chakra". Through this technique very high levels of manifestation are possible.

AURA -The term Aura is used to describe the halo of energy which appears to surround the body, which is visible to clairvoyants. The Aura is part of the energy of the soul. The Aura is normally visualized as a large ball or "egg" of light, surrounding the body for a radius of several feet. The more developed a person's energy, the larger their Aura is likely to appear. There are several techniques for "reading" the colors of the Aura, from which a skilled reader can decipher issues of health, mood, or general personality.

BLOCKAGES -Blockages are obstructions in the body's energy system. When energy becomes trapped in a Chakra -usually in reaction to a mental or emotional trauma- it forms a blockage. Sometimes energy will block up in the meridians as well. The blockage prevents energy from moving naturally through the circuit, and a variety of problems can result. The longer the energy remains blocked, the more solidified it becomes. A skilled energy healer can sometimes tell the age of a blockage by the texture of the energy, very



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Image showing the seven Chakras,
united by the Kundalini Serpent
in the Lunar Energy Circuit.

old blockages being quite hard and rigid. If the blockage is removed, the energy can resume flowing naturally.

TRANSMUTING -To transmute something is to change it from one state to another. In energy working, this term usually means to raise the vibration of energy, restoring it to a purer form from which it may go on to new uses. Energy removed from blockages associated with disease or negativity is commonly transmuted -its vibration raised so that it may release the negative pattern. This is commonly done by visualizing the energy turning to a clear purple light. However energy that has been removed from a negative pattern will usually transmute on its own fairly quickly, so this is done as a safeguard rather than as a necessity.

PATRIARCHAL -Patriarchy is a system of rule in which all power is in the hands of the father, with other family members having no right to oppose his will. Similarly in Patriarchal societies all power is held by the government, with the people having no right to question or oppose it. Patriarchy is marked by a strict social and racial hierarchy, rejection of the body, and an often ruthless enforcement of law. The chief proponents of the Patriarchal system today are the Book Religions. Wiccan religion on the other hand follows a Matriarchal, or mother-centered, principle. In Matriarchal systems the mother is the head of the family, or both parents are equal. Matriarchy is marked by racial and sexual equality, acceptance of the body, and an emphasis on the rights of the governed.

SOCIAL CONTRACT -Social Contract is a term used to refer to the laws by which a society lives. We call it a Social Contract because law is an agreement of society, created by society. Law is a codification of the terms under which we are willing to avoid fighting with one another, and to respect our neighbors. The Book Religions have claimed that law is a matter of Divine revelation, and have used this claim to destroy other societies. Even today some of them want to impose Bronze Age values on a Space Age society, claiming that Divinely revealed law cannot change. But Wiccan religion recognizes that law is a creation of humankind, which grows and changes as our understanding expands. We call it a contract because to be just law must be a two-way street between government and people, an equal agreement. A just law must be agreeable to both government and society, and neither church or state should impose laws without the consent of the people.

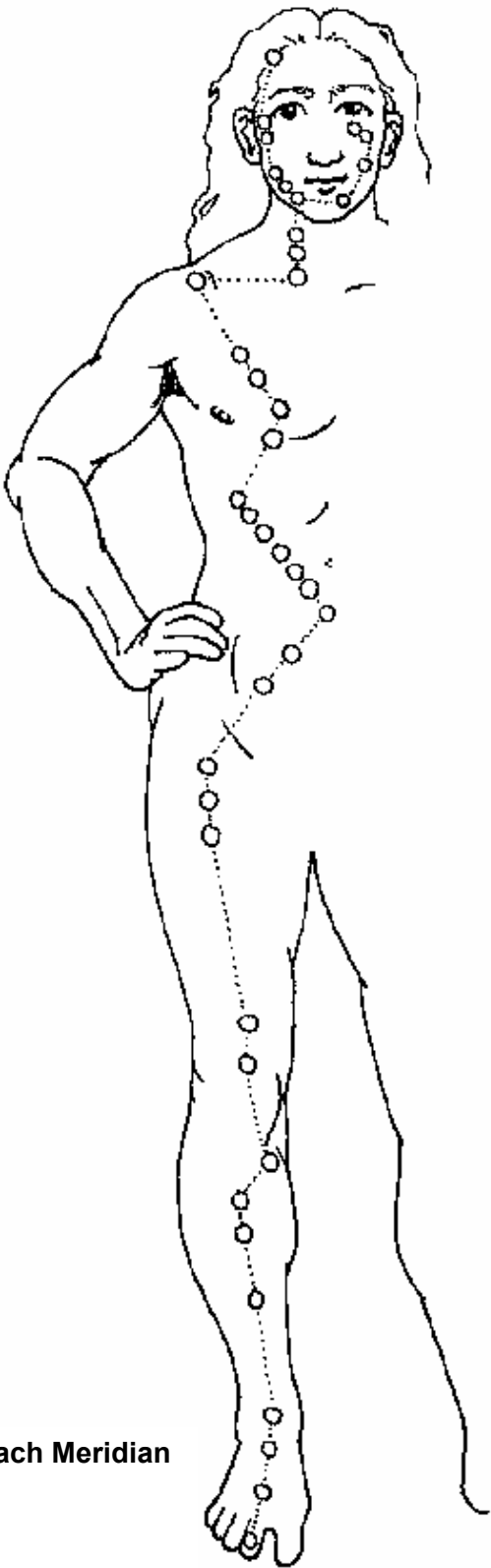
WHEEL OF FATE -Fate, or Karma, is often portrayed as a Wheel. The *Rota Fortuna*, or Wheel of Fortune, represents the eternal cycles of existence, which bring back to us the results of our efforts, for better or worse. In the Vangelo Delle Streghe the Wheel of Fortune is portrayed as the Goddess' spinning wheel, from which She spins the threads of fate as the God turns the

Wheel. This is an allegorical way of saying that fate originates with Spirit, and is brought about through the cycles of material existence.

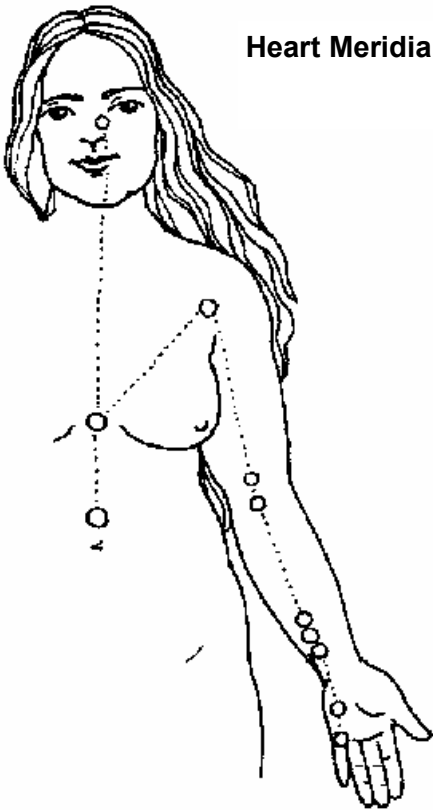
Exam for Lesson X

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

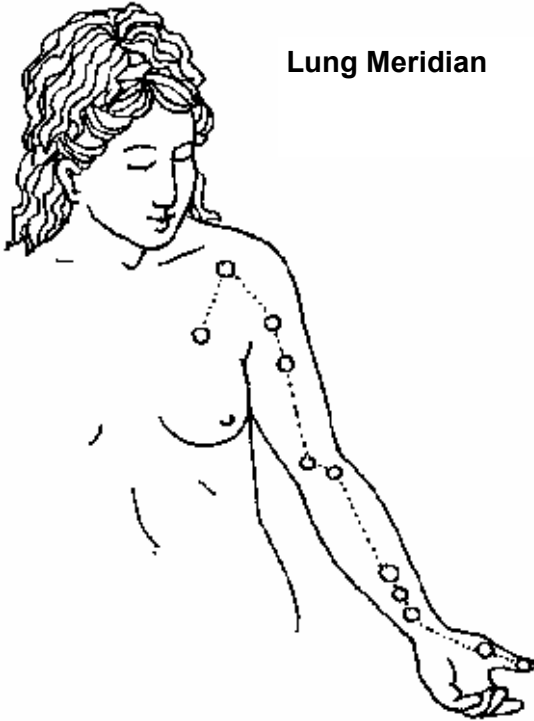
Here are a few examples of the bodies Meridians, or energy pathways, and the Minor Chakras which they connect.



Stomach Meridian



Heart Meridian



Lung Meridian