

# The Book of Initia, Chapter Eleven

## *Initia General Theory V*

### Famous Witches & Magicians



**Dion Fortune**  
**1890 – 1946**

*The Society of the Inner Light*

*“We live in the midst of invisible forces.” - Dion Fortune*

Dion Fortune died the year before I was born. That bit of trivia is neither here nor there to anyone else, but has always been interesting to me personally. If I were to be asked the party question, “If you could have dinner with any person living or passed, who would it be?”, I would not hesitate to name Dion Fortune. I have drawn my magickal system from countless sources, but must give credit where it is due and say that she has been my greatest single influence. Her first mystery school was established at the foot of Glastonbury Tor (believed to be the Isle of Avalon), where she was buried. The “Avalonians” meet for a seminar in her honor there in late November every year.

The great lady was born in Wales but raised in England as Violet Mary Firth. Her parents were strict Christian Scientists. She later changed her name to The Firth Family motto, Deo Non Fortuna (God, not luck). She began reporting visions at about four-years-old, but was overwhelmed with psychic abilities in her early twenties -- so much so that some sort of breakdown followed. She developed defenses and compensations so that she could function in the world happily.

She was working as a lay Freudian analyst when she became interested in the Golden Dawn. For purposes of brevity, I will say that she took what was valuable from Golden Dawn, left the rest and moved on. All informally trained Magicians owe her a debt because she defied the traditional insistence on secrecy that had been a mystery school tradition for hundreds, if not thousands, of years. In short, she opened doors. She wrote several works of fiction and non-fiction and founded an occult organization known today as The Society of the Inner Light.

## *Creating Your Own Reality - Part One*



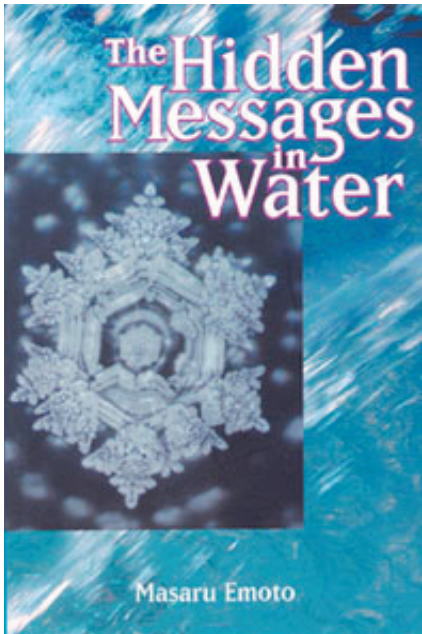
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We live in the *most* exciting of times -- when magick and science, on a convergent path for millennia, are intersecting. In other words, principles of magick and related phenomenae are now, one by one, being "proven" by science. Where the two make contact at that intersection, there are firework sparks of brilliance along with screeching objections from scientists who want to cling to the role of smug, self-satisfied, rational-minded skeptic above all questions of magic, mysticism and the paranormal. This is not surprising considering that science and spirituality are founded upon diametrically opposed views of fundamental reality. Still, it is more gratifying than I can describe to turn to my husband and simply say, "See."

Perhaps we could have begun the resolution between magick and science sooner. Certainly, the most necessary factor in such a process is a willingness on the part of the scientific community to consider the validity of claims made by more than half the population of some experience with unexplainable

phenomenae. On the other hand, perhaps timing *is* everything. For all I know this is part of the series of events expected during the Age of Aquarius. It does seem that a

domino-effect is underway and the release of scientific studies supporting magickal and paranormal claims is accelerating.



Here are just a few of the propositions that are receiving attention by the broader scientific community.

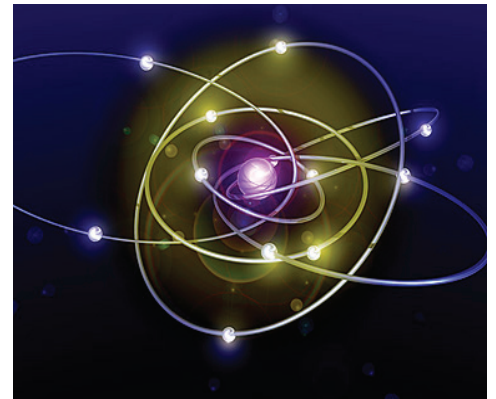
The physical properties of our world are affected by our thoughts and impressions in quantifiable and measurable ways. See Masaru Emoto's work on *Messages from Water*.

We all know that the full moon brings out passionate emotions. Even the term "lunatic" was derived from the lunar moon. The discovery is that there are more positive ions in the air at full moon than at any other time of month. Positive ions are electrically charged particles that are known to cause emotional disturbance including hyperactivity and "road rage". Migraines and asthma are also common symptoms. It seems that negative ions are required for healthy bodies and psyches.

Most amazing by far, In "What The Bleep Do We Know" there is a quantum physics<sup>1</sup> report of replicable photographs of a single particle being in two places at the same time; not bouncing back and forth at a rate of vibration too fast for the camera shutter

<sup>1</sup> Quantum physics is a branch of science that deals with discrete, indivisible units of energy called quanta as described by the Quantum Theory. There are five main ideas represented in Quantum Theory:

1. Energy is not continuous, but comes in small but discrete units.
2. The elementary particles behave both like particles and like waves.
3. The movement of these particles is inherently random.
4. It is physically impossible to know both the position and the momentum of a particle at the same time. The more precisely one is known, the less precise the measurement of the other is.
5. The atomic world is nothing like the world we live in.



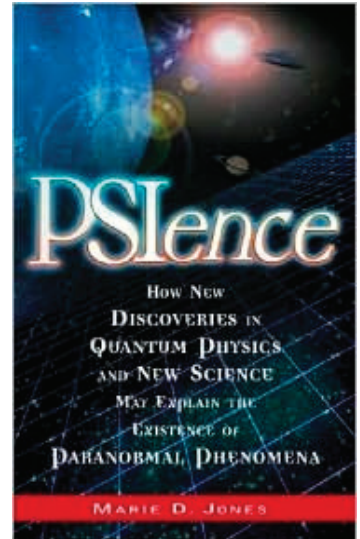
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to record, but actually being in two places at once.

If you have an interest in a more complete list, see *PSience* by Marie D Jones.

As a Seasons in Avalon student, I'll bet you could quickly compose a list of things you firmly believe that have not, at present, been scientifically proven. Some of these things might even subject you to ridicule in most circles should your belief be made public. That is partly because the guards of status quo always have bigger mouths.

Here is a partial list of things I believe that have not been proven to the satisfaction of the everyday, garden-variety skeptic.



1. That which we call coincidences are joyful (usually) little confirmations that our existence, and our path within that existence, are not random.
2. Our bodies listen to our minds. If we love and appreciate our bodies, they are more likely to respond to that nurture by expressing health and vigor.
3. We communicate with each other on many levels including telepathically, whether we consciously acknowledge it or not.
4. When your mind is in a state of attuned balance with the natural world you will fear no other creature, nor will you be feared by them. (As you may have gathered from my writings in the lessons, in the planners, in my *Primer*, I consider every encounter with the creatures of my forest a blessing of the most precious kind and I am sympathetic to the insistence of my neighbors' domesticated pets that they want to live here.) There is actually an exception to this rule and that is that animals are subject to mental illness just as we are.
5. We are here for a reason and we (our higher consciousness) actively participated in defining that reason before we were born. If we seek the reason, we will find it. If we act on that discovery, we will graduate to the next lesson set.

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6. There are multiple dimensions and ways of "being" that are physically and irrevocably linked to this planet. Various beings and dimensions sometimes overlap and intersect, sometimes deliberately, sometimes accidentally, and the resulting experience is called paranormal, extranormal or supernatural.

*If we are surrounded by other worlds, many of which we might even exist in as copies of ourselves, then why can't we see them? And if we are but a holographic image of a higher dimensional reality, why can't we perceive that reality?*

*Logically, being able to perceive every universe we exist on would most likely drive us to insanity. It's hard enough to live one life; imagine having to juggle between an infinite number of lives! Clearly, our human brain could never handle the sheer information overload.* - PSience, Marie D Jones.

7. As physical beings, we are meant to participate in the physical world and draw sustenance from nature. This means looking at trees, seas or vistas, gardening, breathing fresh un-airconditioned air, and/or interacting with other creatures.

8. The mind believes what it sees whether the pictures are transmitted through eyes or imagination. This means that the images created in meditation are every bit as real to the mind as what you ate for dinner.

9. What we send out mentally and energetically, returns to us, sooner or later, in greater degree.

10. Emotional pressure held in, unexpressed in any form, unreleased in any form, manifests itself in disease. Unexpressed anger turns into cancer. Repressed emotion becomes arthritis. And so on and so on.

11. We all affect the people, places and things around us. The value and profundity of that effect depends upon our psychic strength and our intention. In other words, the intention of a "conscious" person will trump that of a person who is sleepwalking through life hoping to make it safely to death.

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12. **We are not all experiencing the same reality.** Those of us who are at polar ends of the continuum of rates of vibration are experiencing such radically different realities that each may even be unaware of the existence of the other.

It is generally known among parents, that young children will simply not “see” or “hear” double entendres or sexually charged implications because they are not ready to see or hear these things. During the past two years, I have learned that the same is true of my students regarding magick. Those who are ready for what is being taught, hear me. Others seem to just go to a placeholder where they may have filed something away for future reference or not. This is exactly why Dion Fortune knew there was no danger in sharing magick openly.

13. To a large extent, **we create our own realities** by impressing our desires upon our minds and by paying more attention to some experiences than others.

This is my quick list. You are free to add, subtract or revise. In fact, I hope you do.

This is a chorus from a Roger Miller song I sing to my grandchildren sometimes. I find it supremely pertinent to this lesson’s material.

*Oh, you can't rollerskate in a buffalo herd.  
You can't rollerskate in a buffalo herd.  
You can't rollerskate in a buffalo herd.  
But you can be happy if you've a mind to.*



*Conception of the Mind.* Fatima Azimova

***About creating  
your own  
reality ...***

Let's talk more about this and begin by repeating #13 from my list.

*To a large extent, we create our own realities by impressing our desires upon our minds and by paying more attention to some experiences than others.*

Of the thirteen items on my list, this is by far the most important and most central to the practice of Witchcraft. Notice that there are two distinct parts to this statement. First, that we impress our desires upon our minds and, second, that we affect our reality by paying *more* attention to some things than others. These two

ideas work separately and in conjunction with each other. As you can guess, you get better results when both ideas are at work and in harmony.

1. I have known that our minds are highly susceptible to audio and visual suggestion and have been practicing according to that model for over twenty years. I have understood that the mind, once impressed, is a conduit that models reality according to programming. **The fact that the brain does not distinguish between images perceived by physical sight and images created by imagination is a powerful and exciting new discovery that validates some important aspects of the Craft.** We will explore this further in the second part of this lesson.

2. **Your mind is like a print reproduction factory. It will recreate in your life what you pay attention to -- good or bad.** There may be slight changes, but, if you look through your magickal eyes, you will discover the resemblance between your results and that which draws your interest.

**You can draw something you fear into your future as easily as something you wish.** Since none of us can control our thoughts 100% of the time, we have to make an effort to make a stronger case for what we want than what we *don't* want. Your mind requires constant reinforcement to reset the programming.

**(Exception:** Some people are gifted with a special talent or faculty to interpret events as portents. If you are one of these people, there are some exceptions to this rule. If the thing that drew your interest was a balloon turned loose in the park, it may be a sign of a wish coming to fruition. If the thing that drew your interest was a snake on the path, it could be a warning to make a change in direction. Experience and observation will help you sort out distinguishing the difference.)



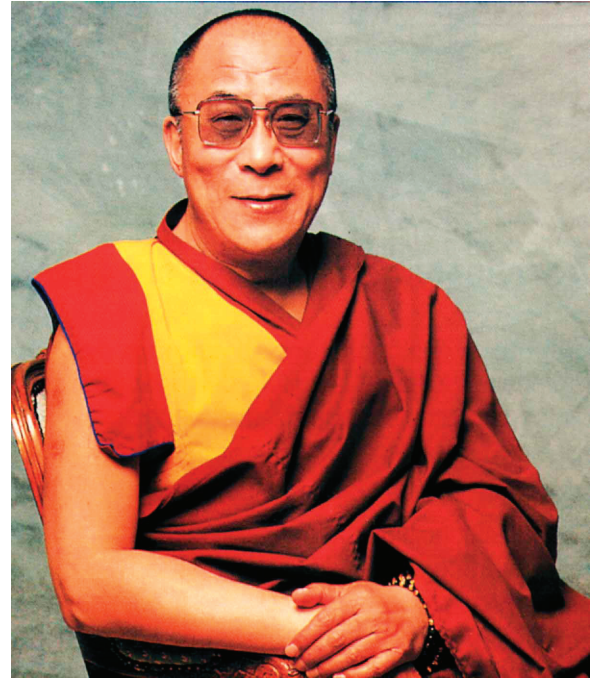


## *To a large extent ...*

Yes. This principle begins with a qualifier.

That's because there are some immutable laws at work that stand between us and perfection. The Dalai Lama wears glasses. Deepak Chopra gets the flu and Wayne Dyer faces the same struggles and challenges as a parent that the rest of us do.

We may not achieve perfect health, but we can certainly enjoy better health than we would if we did not employ these tools at our disposal. We may not arrest the aging of our bodies at thirty (or forty, or fifty, or sixty), but we can lead more vital lives than we would if saw life as a series of random catalysts. We may not have Bill Gates's money, but we can be sure there is always enough and will probably do *a lot* better than that. We may not be president of a large corporation, but we can manifest an office with a window and a door that closes if we set our intention for that. And we can be happy if we've a mind to. (page 6)



The Dalai Lama

## *The big question is this, “How bad do you want it?”*

There's a good reason why I ask this question.

*When I was raising children, I remember reaching a point in the day (LATE in the day) when everything was done. I would sit down and savor that moment knowing that it would only be a matter of minutes before something else would need to be done.*

Many, maybe most, of you can relate to this feeling. Well, it seems this serves as a good analogy for actively creating the reality of our lives. I mentioned this insight to Kelly who

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then requested a Witch's housekeeping schedule. So here it is. Feel free to tweak because this is not one outline fits all. It may help to make notes in your personal calendar at the beginning of a new year.

### 1. **Daily:**

a. Every morning, perhaps before you rise, program your day the way you would like to see it unfold. Be sure to include a "note to self" to acknowledge and appreciate the little bits of synchronicity ("coincidences" and other reminders that your life is a track and not a random set of events).

b. Do something to connect with nature even if it is brief.

c. Look at your current list of magickal goals. (Not half-heartedly. Give it your full attention for a few minutes.) This may be an actual written list in a notebook, an elaborate display with colorful imagery or electronic software like Vision Board from orangepeel.co.nz.

### 2. **Biweekly:** (at least once every two weeks)

Review your calendar to see if there are opportunities for casting or repelling with extra Power courtesy of the stars. Plan your more elaborate magicks.

### 3. **Monthly:** (at least)

a. Practice some form of psychic development or divination. Psychic skills are a "use it or lose it" proposition. If nothing else, consciously work exercises to hone your intuition into your day.

b. Recurrent training. Something that reinforces what you have learned already and builds on that.

SUN DAY	MOON DAY	TIU'S DAY	WODEN'S DAY	THOR'S DAY	FREYA'S DAY	SATURN'S DAY
			<b>1</b> Shamash 27 defend against psychic attack PM work in Book of Shadows.	<b>2</b> Shamash 28 eliminate obstacles to wealth, power, fame. 03:09a-09:45a est 03:09a-08:45a cst 01:59a-07:45a mst 12:09a-11:45a pst Scorpio	<b>3</b> Shamash 29 resolve quarrels with friends / lovers	<b>4</b> Shamash 30 07:15a-01:00a est 06:15a-12:00a cst 05:15a-11:00a mst 04:15a-10:00a pst Sagittarius
<b>5</b> Grael 1 NEW MOON 12:39P est SELF-IMPROVEMENT	<b>6</b> Grael 2 feminine, maternal, domestic issues 04:47p-09:17p est 03:47p-08:17p cst 02:47a-04:17p mst 01:47p-03:17p pst Capricorn	<b>7</b> Grael 3 CAREER job hunting	<b>8</b> Grael 4 POLITICS, NEGOTIATION 08:00p est 07:00p- cst 06:00p- mst 05:00p-11:02p pst Aquarius	<b>9</b> Grael 5 NETWORKING business success PM -02:32a est -01:32a cst -12:32a mst Aquarius	<b>10</b> Grael 6 POPULARITY	<b>11</b> Grael 7 MERCURY RETROGRADE BEGINS STRETCH TIME 03:10a-10:45a est 02:10a-12:42p cst 01:10a-11:42a mst 03:10a-10:42a pst Pisces
<b>12</b> Grael 8 work with animals	<b>13</b> Grael 9 INTUITION 07:30p est 06:30p- cst 05:30p- mst 04:30p-11:00p pst Aries	<b>14</b> Grael 10 COMPETITION, PERSONAL ADVOCACY -02:15a est -01:15a cst -12:15a mst Aries	<b>15</b> Grael 11 divination, elemental magick	<b>16</b> Grael 12 MONEY MATTERS, BUSINESS SUCCESS good fortune 06:42a-01:50p est 05:42a-12:50p cst 04:42a-11:50a mst 03:42a-10:50a pst Taurus	<b>17</b> Grael 13 friendship	<b>18</b> Grael 14 04:30p-10:30a est 03:30p-09:30p cst 02:30p-08:30p mst 01:30p-07:30p pst Gemini
<b>19</b> Grael 15	<b>20</b> Grael 16 TRAVEL, INTUITION household harmony, patience	<b>21</b> Grael 17 <i>17/17</i> Winter Solstice 8:38P EST TOTAL LUNAR ECLIPSE SHADOW MOON 8:20a est LAST WISHPING MOON of 2010 02:15a-03:23a cst 01:15a-02:23a mst 12:15a-01:23a pst Cancer	<b>22</b> Grael 18 MAGIC! 11:27p- pst	<b>23</b> Grael 19 MONEY OWED YOU 02:27a-07:52a est 01:27a-06:52a cst 12:27a-05:52a mst -04:52a pst Leo	<b>24</b> Grael 20	<b>25</b> Grael 21 Christmas (Christianity) PROTECTION 04:29a-10:15a est 03:29a-09:15a cst 02:29a-08:15a mst 01:29a-07:15a pst Virgo
<b>26</b> Grael 22 CLEAR ROOT CAUSE OF HEALTH ISSUES	<b>27</b> Grael 23 BALANCE 07:22a-12:30p est 06:22a-11:30a cst 05:22a-10:30a mst 04:22a-09:30a pst Libra	<b>28</b> Grael 24	<b>29</b> Grael 25 SOLITARY MAGICK honor ancestors, clarity 10:00a-03:31p est 09:00a-02:31p cst 08:00a-01:31p mst 07:00a-12:31p pst Scorpio	<b>30</b> Grael 26 MERCURY RETROGRADE ENDS (R) TRAVEL (a VC) 02:20p-08:20p est 01:20p-07:20p cst 12:20p-08:20p mst 11:20a-05:20p pst Sagittarius	<b>31</b> Grael 27 winter endings All	

### Assignment #1.

Go through your calendar and post reminders that can't be easily overlooked.

**4. Every Six Weeks:**

Do a full-on protection spell of the property where you live.

**5. Every Six Months:**

a. **Reevaluate your magickal goals** with plus and minus columns to represent what you want to attract and what you want to repel. Adjust and incorporate the results into your daily schedule. (**NOTE:** Some Witches believe in doing this every quarter -- hence, "Wishing Moons". I include these in *Seasons of the Witch* for their benefit. While once a quarter might be appropriate for me personally, I think that's a lot of pressure for most Witches and Magicians. If you like the idea and it works for you, by all means change this schedule to once a quarter.)

b. **Experiment with a new magickal principle or technique.**

**6. Once Annually:**

I have different dates for various "how am I doing" reviews. This is a time set aside to focus attention on a particular area of my life. These items make sense to me, but, again, I encourage you to make your own schedule. For me, "focusing attention" means that I also perform more elaborate magicks on these dates to reinforce these particular goals.

February 14th      **Love.** I've been extraordinarily lucky in love, but I want to keep it that way. So I celebrate Valentine's Day, check to see that everything is good, and do reinforcements.

March 17th        **Travel.** Because I love Ireland, St Patricks Day is a good time for me to think about travel and plan the trips that I will manifest in the future.

April 15th        **New Business.** (substitute: professional or career goals)  
My fiscal year at 7th House begins on this date.

May 1st            **Health.** This day means Beltane to you. To me it means being the survivor of a health issue that could easily have taken my life. Now I pay more attention to manifesting health.

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- Mothers Day **Family.** Does this garden need tending?
- My Birthday Am I accomplishing what I want to accomplish? **Is this a life well-lived?**  
Have I done all I can do?
- October 31st **Magick.** Witches' New Year is a good time for me to evaluate whether I could or should challenge myself and my practice. This is the difference between being a good Witch and being a great Witch.
- December 21st **Money.** Yule has meant money spells for me since I first began practicing. I call on the great Earth dragon every year to collect my treasure, relinquish what I want when I want it and guard the rest.

This is a sample. You should make a schedule that makes sense to you and your needs.

## *Creating Your Own Reality - Part Two*

Now we return our attention to the proposition cited on page 8, *that the brain does not distinguish between images perceived by physical sight and images created by imagination.* And that brings us to the magickal principle of the Astral Temple.

**Assignment:** The Astral Temple is a place created in your imagination for the purpose of performing magickal acts in seclusion and without the necessary limits of a physical environment. I am calling it "Astral" in deference to tradition and not because it must actually exist in a particular realm or dimension.

**Step One:** Create in your mind the ideal place for casting or meditating in seclusion and without limitation. Be as detailed and descriptive as possible.

**Step Two:** Begin to impress this place on your mind in daily meditation.

**Step Three:** When you can go there immediately upon entering a relaxed state, the building steps are complete.

**Step Four:** Recreate a ritual in your Astral Temple from memory. Since you are working without limits, your flames can go higher, your salt crystals can be thicker, your costume may be whatever you wish. You are in complete control.



*Victoria David Danann*