

The Book of Initia, Chapter Five

Prerequisites to Flying:

1. Completion of a series of flying meditations over the past two months.
2. Formation of an association with a guide suitable to accompany you when traveling in astral form.
3. Belief in your magickal self.*

**Notes on Belief.*

Do you know by now that magick is not confined to formal ritual circles? That it is in you and around you every second of your life, unfolding according to every thought, word or deed, being manipulated and directed consciously or unconsciously.

Do you pay attention to the number of times throughout the day the Powers That Be give you a wink by reminding you of this? You think of a song you haven't heard for years and then hear it played on the radio within the next twenty-four hours. Your attention is drawn pointedly to a particular person and they call within a short time, sometimes minutes of your telepathic message. You have made leaps and bounds progress as a Witch or Magician with wherewithal. Have faith in yourself.

Flying

If you have been successful with your flying meditations and with forming a suitable association with an assistant, then you will be cleared to proceed after this discussion on the topic. Some of you are more than ready, like race horses chomping at the bit. Those of you who are air signs, have innate talent or residual skill from a past life¹ have had to struggle to restrain your astral bodies from taking flight involuntarily.

Whether you want to call it flying, astral projection or out-of-the-body-experiences, this is a phenomenon that is natural to us. **This will not be the first time your “astral body”² has separated from your physical body, but it may be the first time you experience it in a fully conscious state.** You have interpreted your previous “OBE’s” as dreams partly because you were asleep when they occurred and partly because you may not have had the training to recognize that these “distinctly different” dreams took place externally. I can say that you have had these experiences with assurance because I wrote the questions on your application to Seasons in Avalon and, I assure you, the questions were not random.

Question number 12 asked: *Do you sometimes have dreams that feel more real than or as real as life? If so, are you able to recall these the next morning and reflect on them?*

An answer of “yes” to the first part of this question is evidence that you not only have had these experiences (which is semi-relevant because everyone does), but that you are sufficiently self-aware and psychically fine-tuned to be good candidates for this training.

Do you recall a time when you were dozing and were awakened because your body jerked once, like a single, painless, but inexplicable convulsion? You may have also observed this happen to another person. This phenomenon is believed by many including myself to be the result of becoming fearful or startled while out of body and returning too quickly.

¹**Past life residual skill.** Perhaps you worked to acquire this skill in another lifetime. Just as your body doesn’t forget how to ride a bike, once mastered, your astral body won’t forget how to fly.

²**Astral Body.** The ethereal (ether-like) body is a copy of your physical body, but composed of pure energy.

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You will do what you have done before, but consciously with deliberation and intent.

SEVEN GUIDELINES:

1. As a matter of ethics, you do not want to intrude on other peoples' expectation of privacy. Always remember that talents or abilities misused may be easily taken away.
2. You must be absolutely certain that your body will be undisturbed while you are gone. You can either be alone or you can employ the assistance of a monitor.¹
3. You may use the flying incense recipe listed in Initia, Chapter Two if you wish.
4. Plan where you want to go and what you want to do ahead of time. Pick a location you have visited previously. It can be anywhere in the world, but it must be *in this world*². Plan a brief outing. It's easy to lose track of time while flying. Decide that you are going to go _____ and do _____. When that is accomplished, return to your body.

An example of such an errand might be to revisit a place that was particularly wonderful for you. For instance, let's say you once went to Paris and loved the view from the Eiffel Tower. You can revisit that experience and, even sit on top of the tower this time. Or you could check on your sister's new baby as s/he sleeps. Or you could simply enjoy the feeling of pretending to "walk" on clouds.

5. If your guide speaks to you, listen. If your guide gives you an instruction, you should comply unless you have a strong, instinctive reaction otherwise. In that case simply wish yourself to return to your body immediately and you will.
6. You need to perform this rite in Circle. You may sit or lie down. Lying down is easier because you must leave your body in a position where it will not be injured by slumping over, getting "cricks" or constricting breathing. If you want to sit, do so in a recliner or comfortable, high back chair with your head and back supported. Have a blanket or

¹ **Monitor.** A human assistant who is sympathetic to your goal and who can be trusted implicitly.

² **In this world** refers to the reality of this dimension; your home world.

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throw handy, because your body may feel chilled when you return.

7. I can't tell you why it is easier to fly at night, but it is. Maybe it has something to do with the quieting of the electric hum of commerce and vehicles. Of course, if you are flying east, eventually you will meet daylight. You have no limits on how far or how fast you can go.

THE PROCESS:

1. Draw your Circle around yourself.
2. Invite your guide to assist you with this task. Let him/her/it know ahead of time where you are going and what you want to do or see there.
3. Use your meditation process to begin relaxing your body with deep breaths. As you begin to relax, program yourself with the instruction that you will fly an adventure, but will not leave this world. You may leave your body for a short time, but you will not leave this world. Repeat this to yourself again and again while you are relaxing and counting down. You are programming yourself and making an impression on your guide at the same time.

My spirit may leave my body for a short time, but will not leave this world.

4. You must also believe that you are in complete control at all times and that your spirit may return to your body at any time.

WHAT TO EXPECT:

It is impossible to say for certain what you will experience because, while there are common themes, people are different. For instance, many people are aware of leaving through the midsection of their bodies. Some are aware of a silver colored "cord" that keeps the spirit attached to the body. These reports are quite common and yet I do not experience either phenomenon. Be open to the way the experience unfolds for you as an individual.

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Be prepared to see things in a different way and to see things that can't be seen through the eyes of your physical body. Being seen with physical eyes requires a certain density without which a thing would be invisible. While your guide may be invisible to your physical eyes, you may be able to see he/she/it clearly in when you are in astral form. Likewise, other people will not be aware of you unless they have the gift for it in which case you will probably appear to be a transparent, ghostly outline of yourself.

If you should see bright lights or swirls that could be portals, or gateways, to not be tempted to go toward them or through them no matter how curious you may be. I'm counting on your mature good sense to override any gambler or impulsive nature that might challenge me for your attention. Just go around or past them and make a mental note to record what you saw when you return.

You will *not* have the same physical sensations that you have when you are in your body. Your astral body does not have nerve endings. Your astral body will have an awareness of itself, but will not experience such things as cold or heat SO LONG AS YOU STAY IN THIS WORLD! – which is what I am insisting you do for now.

Remember, you are in control and you will remain in control. You should feel free to ask questions of your guide when the desire strikes you. You may get an intelligible answer or you may not. The latter is certain if your guide can't speak. It's unlikely that you will encounter anything for which you are not prepared, but, if a concern of any kind should arise, simply wish yourself back to your body quickly, but gently. You are in control.

AFTERWARD

After you open your eyes, give yourself a couple of minutes to acclimate. Depending on a variety of factors including how old you are, your body may be a little stiff in places – like waking after going to sleep sitting up on an airplane. Gently pull everything back in place and stretch out.

When you feel at home in your body again, sit down and write about your experience. *Do it now* while the memory is fresh! If you wait, you will lose something. No detail is unimportant. Record everything you remember including your impressions.

ASSIGNMENT:

Send an email to witch-school@sbcglobal.net to say something about your progress.

You are now halfway through the training you undertook. There could not be a more ideal time to come to a stop long enough to look at the road behind and ahead.