

The Book of Initia, Chapter One

Let me begin by recognizing the accomplishment of passing through the second year threshold. We begin second year with an assumption that you have completed the lessons of first year, in order, with sufficient time in between – preferably a moon’s cycle – so that you might thoroughly integrate the material on both conscious and subconscious levels. The approach to your second year studies will be different in the sense that we can no longer divide the material into conveniently delineated topics.

If you could create a visual metaphor of first year, it would resemble building blocks clustered together on one level to form a foundation. One block represents tools. Another block represents meditation, and so on. Each is necessary to the structure. If any one block should be incomplete or removed, it would create instability and problems when the second level is added. The strong and complete foundation is not optional.

As we proceed to add to the structure that represents your training in Magick or Witch Arts, the second level will be formed by blocks that further your knowledge and expertise rather than concentrating on particular or narrow aspects of study.

We will revisit the original premise

-- that *every thought, word, and deed is a form of spell*, cite an example of where practice will take you, and then introduce the subject of herbs in Magick.

Let us stop for a checkpoint and take stock. We began your journey thirteen moons ago with the proposition that every thought, word and deed is an action to which there must be a reaction according to basic cosmic law and went on to postulate that this is the essence of the gold sought by the ancients; mystics and alchemists. We proclaimed that, if it were possible for you to control every thought, word and deed you would be a god. That this isn’t possible, but that it is possible to control some factors most of the time and others on



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occasion.

We added to that the proposition that you cannot enjoy significant Magickal results without first knowing yourself; openly, honestly, hiding or withholding nothing.

Many of you have written to give us feedback on your marvelous successes with these principles and we delight in each one. The inclusion of some of the material from the first lesson of first year is a reminder accompanied by two admonitions. The reminder is that **you must constantly reaffirm that your life is the result of what you think about and talk about.** Those who do not want to accept the enormous implications of that statement call it ridiculous and retreat back to the safety of believing our lives are an inexplicable series of random events. Those who do choose to take up the challenge take a hard look at what their thoughts have brought them and set out to make changes regardless of the difficulty or time involved.

The first warning is this. Yes. These principles are the truth so far as I know it, but it is my observation that **a minority shared truth is much more fragile and vulnerable than the commonplace belief in a lie.**

That is why it is essential that we revisit these principles often. I include myself here because I want to impress upon you that no one is immune to the predominant influence of a belief that we are game pieces being moved from one situation to another (or worse, stuck in place) either at random or for the amusement of the Powers That Be. The idea that we have some say in what happens to us is radical enough that it could get you submitted for evaluation if you stood on a street corner shouting it to passersby.

When we spend some time immersed in the truth, we recognize it intuitively and become excited by the prospects of a road ahead paved with our dreams and goals. But, as the days go by and we turn our attention to mundane necessities, it becomes difficult to hold the energy, or concentration, required to remember that a lie isn't made true just because most people believe it. We are only spectators at the spectacle of our own lives if that's what we choose. **Like many things in life, the choice can be deceptive. It may seem that making the effort to hold an image for the future you want is the harder thing to do, but, in fact, the reverse is true.**

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but that is a story for another day.

On a side note, you *cannot* believe in determinism and effectively use these principles at the same time. They are mutually exclusive. Perhaps there was a time before you began these studies when you may have heard someone say, "It was meant to be," and agreed with them. Now you know that only ignorance or laziness would cause a person to be so resigned, lacking even the will to be reactive. The list of things you can't affect is very small. That would be aging and death. I even read a story once about a man who used these principles to correct a physical deformity in his baby born without an arm. It took years and a lot of concentration, but, eventually, the baby's shoulder sprouted and grew a perfect arm.

The second warning is the dark side of the Law of Attraction¹.

As you know, the Universe is balanced by polar opposites. The Law of Attraction is no exception. You can magnetize what you don't want using the same principles: thinking about it, talking about it, seeing images of it in your mind. Of course it is both natural to engage in some of this and impossible not to. We are human. If the economy is depressed and news of that pervades every media portal, you might think, "What if I lost my income?"; even if it was only for a fleeting moment. This

1. Law of Attraction – Like attracts like. Everything in the Universe exists in a state of vibration –even inanimate objects and bodies that no longer house life. Items with similar rates of vibration are drawn to each other. Items vibrating at greatly different rates are repelled by each other. Different states of being cause humans to vibrate at different rates. For example, Christians are repelled by Atheists not because of the difference in opinion, but because of the difference the disparate belief systems cause in the vibration of the people.



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is counteracted by making sure that your cauldron² has many times more deposits of what you DO want than what you DON'T want.

Also, and I can't vouch for certain that this is more than superstition, but, when I catch myself indulging in negative thinking, I make three counter-clockwise circles in the air (widdershins) and say, "I take that out of the Universe," out loud.

In the first lesson of First Year, you were given a Treasure Map challenge. You were to spend a lot of time deciding what you would want if you could have anything and then construct a Treasure Map to be put into a time capsule of sorts, not to be touched for at least two years.

You may want to repeat this formal process every three to five years, but, in addition to that, *I suggest you reinforce your positive consciousness with a choice of supports to be revisited again and again.* Periodic reading on "prosperity thinking" is one way. While the subject often focuses on money, the principles can be used to attract any essence or

2. **Cauldron** – The Witch's Cauldron is inextricably intertwined with our history, our lore and our craft. In medieval times, the local wise woman was the closest thing to a community doctor. Typically she was not well-to-do and was most often a widow or spinster. She cooked meals in a cauldron set on or near the hearth fire. Without means for an abundance of materials, healing potions and medicines were often mixed in the same iron pots used for cooking meals. Some, but certainly not all, of these practitioners used their cauldrons to mix potions for purposes besides healing; purposes such as finding true love, fertility and good crops.

Today a Witch's Cauldron is symbolic to the untrained and largely metaphorical to the trained. It is a non-physical place where spells "simmer, twist and make" although many of us have actual pots we use for burning bowls or to hold physical symbols of spell goals. *I strongly recommend a copper pot* at least ten inches in diameter. They can sometimes be found on internet auction sites as "antique copper pots". I have also seen them used as garden hanging pots, but you would have to remove the chain hangers. If you decide to acquire one at some point, do a clearing on it before you use it for Magickal purposes and be very careful when you burn things in it because the copper will get hot.



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thing. Here are some possibilities:

1. **BOOKS:**

The Game of Life and How to Play It – Florence Scovel Shinn

You Were Born Rich – Bob Proctor

2. **VISION BOARD SOFTWARE:**

A slick, new addition to positive consciousness. This was recently recommended to me so I decided to give it a try. While I never intend to give up working with a hard copy of my projections, this does have some advantages. You can program your own affirmations or goals, upload your own images or choose from their stock library. If you check the screensaver box, your program will start whenever your computer times out. That means that you are constantly being surprised with reminders about what you REALLY want and that can only be a good thing.



It also brings little spontaneous, corner windows up at random while I'm working. Just a couple of seconds ago it said, "BALANCE – The time I spend on myself and my spirit is invaluable." Eventually this may annoy me, but right now, those little impromptu messages make me smile. Here is the link if you are interested. www.orangepeel.co.nz/

3. **MY PUSH-PULL SYSTEM:**

I believe in using all the advantages available to me when I want something. That includes the fact that balance is found in the Universe between the antagonism of opposites. **When the moon is waxing, we pull what we want toward us. When the moon is waning, we push away what we don't want.** I am sometimes able to work on the same goal using the push-pull system, magnetizing or manifesting the thing or essence while pushing away any obstacles or barriers within or without.

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Every so often, as need demands, I create a push-pull worksheet. That is drawing a line down the center of a piece of paper. In the spirit of simplicity, at the top of the left column I put a + (plus) sign. On the right a – (minus) sign. Then, as you can guess, I list the things I want more of and the things I can do without.

A couple of weeks ago, I was searching for a particular notebook when I came across a +/- sheet I had done a few years ago in an Atlanta hotel room. It inspired me to sit down and create a new one. It was a no-time-like-the-present moment. One of the things in my + column was to attract to 7th House more quality authors who have something worthwhile and unique to offer.

Three days later I received an email from a customer wanting to know where she could buy the tarot deck pictured on the cover of the Tarot Magick book. As it happens that is an image we had licensed because we liked the photography. I didn't know the answer to that question so I put it in the when-I-can-get-to-it folder. A couple of days later I received another email from a different customer asking the same question. Since Tarot Magick had been out for a couple of years, that seemed like a notable coincidence. So I decided to stop and see if I could find the deck. In trying to track down the deck, I learned that the identity of that deck has become a topic of discussion on the tarot forums and that lots of people are looking for it. So I decided to locate the artist/author. The trail led me to a gallery and an email. I wrote to say that, if the deck is available, we would like to buy some to sell and, if not, we would like to talk about publishing it.

Later that morning the artist and I laughed about the fact that, at the same time, literally within three minutes, I was writing to her to introduce 7th House and inquire about availability of the art, she was initiating an email to me to find out if we would be interested in publishing her work. As an anecdote, she is going to finish developing the deck for publication later this year.



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The reason why I have shared this story is to let you see the Magickal horizon ahead. I want you to note that I did nothing to receive this practically instantaneous result other than write down what I wanted in a notebook. I didn't consult my calendar. I didn't draw a Circle. I didn't even light a candle.

This is not to say that I have a gift for manifesting with minimum effort. It is to say that the work required for this sort of result began decades ago. There was a time when this sort of manifest gift would have required formal Magick from me, a ritual spell working, and, sometimes, years of waiting for the product of my effort to work its way through the spell results pipeline.

In the beginning, manifesting takes a lot of intention, focus and effort on your part to prove that you really want what you say you want. As I have mentioned in the past, it is for your own protection that spell results are not instantaneous. It wouldn't be just a great disservice if you were allowed to immediately translate your thoughts into physical form. At this stage of your training, it would be more of a disaster. That level of Magick is like a contract between the Witch or Magician and the Universe. You must pay dues to achieve that level of cooperation and, hopefully along the way, forge a contract with the Powers That Be based on one part Earth wisdom, one part Magickal maturity and one part commitment to service.

The methodology is Witchcraft. The process is Magick.

***Key: You put a little it. You get a little out.
You put a lot in. You get a lot out.***

My dear second year students, we began with a statement that Magick is a living, growing mystery that engages on a personal, even visceral, level. The deliberate practice of Witchcraft is a joyful mix of practice and perspective that will invariably elude those who think "one answer fits all" or that there is a detour around the hard work. You have proven yourself willing to do the work to advance your craft and I am so proud to be your guide in this endeavor.

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Last, I promised you a note on hedgewitchery in this lesson. From here on the lessons will usually include some reference to the Magickal use of herbs or oils.

The term hedgewitch is used in different contexts to mean different things and also carries different connotations in the U.K. Here, in the U.S., it is widely used as a synonym for kitchen witch or practitioner of Green Wicca. In the U.K. it more closely conforms to the original meaning of “hedge rider”; one who crosses into other dimensions (in trance state) to gather and return with new information to be used for divination or shamanic purposes. If we (American Witches) were to assign a name that was corresponding in intent it might be “veil piercer”. In the art of pagan U.K., hedgewitches are often depicted as compelling, but with a hint of the sinister as in the art of Marc Potts pictured right. (Hedgewitch II)

Because of this confusion, I will henceforth use the phrase Herbal Magick for topic reference.

I came to see the benefits of Herbal Magick comparatively recently in my own practice. The use of herbs in spell making had simply not appealed to me. It wasn't until I was considering the manuscript for *Ancient Wisdom: The Master Grimoire* by Pat Kirven Sawyer, published by 7th House, that I thought I should dabble personally. As I hope you know, my interest in Magick is not purely profit driven. I care about whether we are offering something of value.

Frankly, I was astonished by the results from my first experiment. Even accounting for the principle of Beginners' Luck, I became an overnight believer. This does not mean that I believe every recipe published in the *Grimoire* will produce for you. Quite the contrary. Even the author, who earned her doctorate gathering this material, doesn't believe that. *The Grimoire* is the most complete historical catalog of herb/oil magick available,



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but that doesn't mean it can be used indiscriminately.

The application of just a little logic tells you that, if it were that simple, everyone who patronizes botanicas would be rich, beautiful and adored. If that is not the case, then something must be missing from the formula. Well, first, eliminate every single suggestion of "commanding" or "compelling" spells. Such a foray into shadow Magicks will ALWAYS come back on you. ALWAYS. That will leave you with a lot of material, but it is still supplemental to your well-crafted spell. When used in this way, the results may amaze you.

As you begin collecting herbs for your own Magickal pantry, use this rule of thumb. If you are put off by the scent of an herb whether on the basis of emotional irritation or dislike of the smell, reserve your judgment for awhile.

*I hosted three other women for a night of dragon magicks about twelve years ago. Each of them was given a preparation task. The one who was the master aromatherapist was instructed to combine an herb/oil mix for each dragon. When she arrived, before we began, she told me that we couldn't use the mix for the Earth Dragon, Grael; that its odor was too foul to describe. I decided we would go through with the ceremony as planned and let the Magick decide. So we said nothing to the others. There was a moment of tension when the Grael mix was uncapped, but just a moment. The scent was earthy, seductive and magnetizing, all in the best way possible. It was an invitation to visit the great Dragon himself. Either the chemistry of the mix needed time to "make" or there was a Magickal transformation. The point is to **give your herb or oil mixes sufficient time to work. If, after that, you are not in chemical harmony with your creation, get rid of it.***

You will also get better results from Herbal Magick if your environment is not already scent-ridden.

You have already heard my lecture on scented candles. Now add incense to that. Using a particular incense sparingly and infrequently can be a powerful tool in Magick. But, if everything in your home that is made of fabric (carpet, drapes, upholstery, clothing) is already scent-laden, you will not reap the full benefit of burning specific herbs in specific

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quantities for Magickal use. Also, your guests may be too polite to tell you, but Americans aren't crazy about too much incense. (Some of the 7th House supplies come from vendors that are burning incense. The goods and packing material absorb the smell which is stale, but still powerful when boxes are opened. Ughhh!)

Air out the house. Remove the odors. Then try Herbal Magick. Here is a mix you may want to keep in your Witch's Diary or Book of Shadows.

Break and Barrier Incense

Red wine
Red Clover
Bay leaves
Cinnamon
Myrrh
Sea Salt dissolved

*Black (bits of black paper in the mix, wearing black, lighting the mix with a black candle, etc.)

Quantities are not given. Reach out with your own intuition to determine how much of what should be used. Burn this mixture by pouring over very hot charcoal. The wine will put out the fire (partially depending on how much you use), but make a lot of smoke. Do this outside, in a fireplace with the damper up, next to an open window or next to a kitchen exhaust fan.

When performing Herbal Magick, let yourself be fully engaged. See the colors. Inhale the scents deeply. Listen carefully to the language of the hiss of liquid on fire. Be hypnotized by watching the swirls of smoke dance and rise.

KEY: You are the Magickal *trigger*, the one crucial ingredient.

This is an herb treatment for psychic self-defense. Remember, psychic attacks are more dangerous when initiated and guided by someone knowledgeable in black arts, but people, completely ignorant of what they are doing, instigate psychic attacks all the time. People who would swear in earnest that they don't wish you harm can still be envious of you subconsciously.

Many of you who have made your way to this study are more sensitive to the flow of vibrations that swirl around you, all attempting to influence and alter your own. You will

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more than likely be aware when you are under psychic attack from other people. Your brain may interpret it as feeling “off”. You may wake up repeatedly in the middle of the night. You may feel less secure or less confident than usual.

The Break and Barrier Incense is a search and destroy spell aid. First it addresses the attempted connection made by an unknown person whose thoughts are preoccupied with you in a way that could cause harm. Sever a possible established link by forming an image in your mind, something like cutting a black ribbon of light with silver scissors. Once done, you can set a barrier in place to block any further attempts originating from that source. If you have already been harmed and are out to teach a lesson, you can set the barrier spell to act as a vertical trampoline, bouncing future transmissions, good or bad, back to its source.

*You, without a face or name,
I send the curse back whence it came.
Break and Barrier. I am free.
All is well. Bless-ed Be.*

ASSIGNMENT: The Second Year Checkpoint

It's time to take inventory regarding manifesting the life you want. Remember, a successful practice of Magick is well-integrated with -- and not completely separate from -- your mundane life. Ideally, there would be no clear demarcation between the two.

It may be time for you to do a +/- sheet.

Also, as a separate exercise, think back to what was foremost on your list of desires when you began studying. How have your goals or dreams changed as your year has progressed? These are items for your Witch's Diary. Write down where you would like to be and what you would like to be doing this time next year.

+ (more)	- (less)
<ol style="list-style-type: none">1. time for Magick2. good times with family3. \$\$\$4. house with a garden and big closets5. vacation in Milan6. new Yoga teacher7. feeling appreciated	<ol style="list-style-type: none">1. time in cubicle2. stress3. errands to run4. housework5. neighbor problems