

The Book of Initia, Chapter Ten

Initia General Theory IV

Famous Witches & Magicians



Heinrich Cornelius Agrippa
1486 – 1538

The Three Books of Occult Philosophy

“All things which are similar and therefore connected, are drawn to each other’s power.” Agrippa called this the Law of Resonance. We know it as Sympathetic Magick.

Agrippa managed to pack a lot of living into his fifty-two years. He was a soldier, magician, occult writer, theologian, astrologer, alchemist, professor, physician and legal expert. Part of his life was spent wandering his native Germany, France and Italy during which time he collected experiences as an intellectual of all trades and documented the sciences of occult study. That collection became *The Three Books of Occult Philosophy* which was not published during his life because of a suggestion by friends that his work should be kept secret.

That advice proved prudent because he was never formally denounced as a heretic nor was he accused of any crime against state or church. His life work as *The Three Books* has been in perpetual publication for over 500 years. He has been mentioned in several famous works of fiction including *Faust*, *Frankenstein*, *Labyrinths*, *A Portrait of the Artist as a Young Man* and *Harry Potter*.

“Nothing is concealed from the wise and sensible, while the unbelieving and unworthy cannot learn the secrets.”

Coincidentally, or perhaps not, this is the philosophy upon which Seasons in Avalon operates today.

More on Body Magick

We built a foundation for Body - Mind exercises in Chapter Nine. Now let's expand that by adding these layers or variations.

Here's a parariddle. After love, what is the most important thing in life? If you have it, you don't think about it. If you don't, the desire to have it never leaves your consciousness for a second. The answer is health; wonderful, glorious, strength and vibrance of body. If you are lucky enough to have it, you may not have mentioned it when you designed your Treasure Map in first year, lesson one. If you don't have it, it took the foremost position above all else.

It's human nature to ignore the gift of health, but you have learned by now that, in order to get the most from life, you must rise above "human nature". In this exercise we will expand the principle of asking your body, "How are you doing?" You, as a powerful Witch or Magician, may be able to use your desire for a life well-lived and your disciplined skills to chart a course around a health storm and avoid it. To accomplish this, we will use a technique of integrating the sciences of anatomy and psychology with the philosophies of magick and mysticism.

STEP ONE. Use the process described in Chapter Nine to reach a state of attunement between your body and mind. When the connection is established, picture yourself completely emersed in a clear cylinder of healing blue liquid that is breathable and supports your body so that you are in a relaxed state. As this marvelous blue liquid accelerates the process of healing weaknesses, you will picture a bright white light beginning a slow scan of your relaxed body from head to toe. You need to bring a disciplined focus of concentration to bear on going slowly, slowly, slowly so that you will be thorough and not miss anything. Scan for any area that is an issue or is at risk for a health issue because of stress, overuse, poor eating habit -- any number of ways we might abuse our bodies. Mentally direct your vision to highlight areas of concern in gold and, likewise, direct yourself to remember what you saw so that you can act on it later.



If, for any reason, you don't feel good about your "scan", do it again. If you know your mind wandered, or you have a niggling that you may have missed something, or a hesitancy is hanging in the air, do it again.

Check Point. READ BEFORE PROCEEDING. *This technique is not intended as a substitute for medical treatment. It is an approach to prevention using your magickal training. SIA could not begin to make the claim that you have no more need for conventional medicine. What I am saying here is that I wish I had been shown the way to perform this metaphysical health inquiry and convinced of the need to perform this exercise, on a regular basis, for the entirety of my adult life and believe it might have saved me both procedures and grief.*

This exercise should be performed once a month. You might even pick a day and mark it on your calendar.

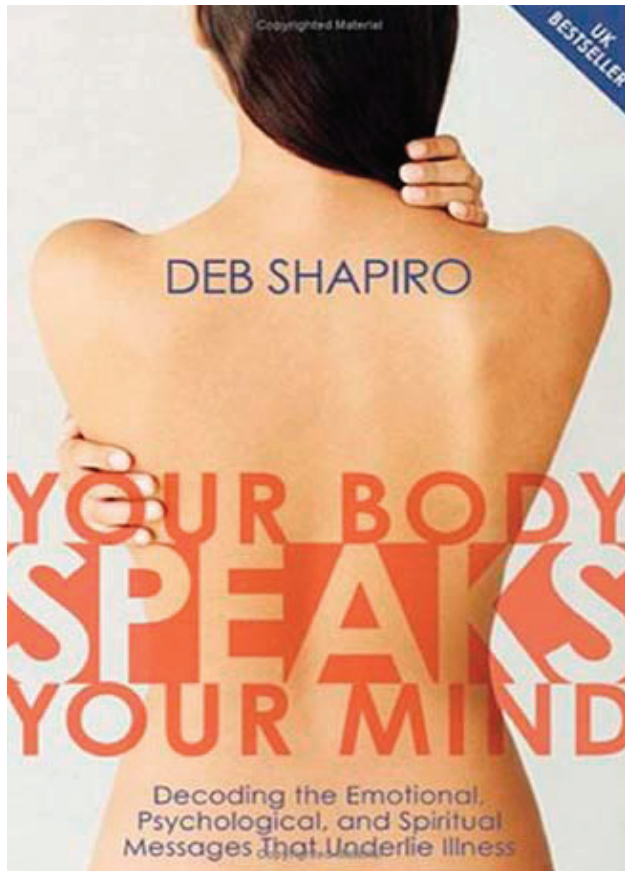
This exercise is principally for health issues that are unseen and unknown. For instance, if you are holding your daily stress between your shoulder blades, you already know there is a problem in your upper back/shoulder/neck area.

STEP TWO. If you notice an area(s) that needs attention, then you have identified a thought, emotion or behavior that needs correction for you to flourish and be free of physical limitations (within the framework of the humanly possible, that is). This is an idea that would have seemed outlandish fifty years ago, but ideas about the effects of strain on various body parts, due to various causes, have gained traction.

If you had a grandfather clock that was located on a floor that was not billiard-table-level, over time the pendulum would wear more on one side than the other. This is common sense for anyone who has observed the mechanics of machinery. It doesn't

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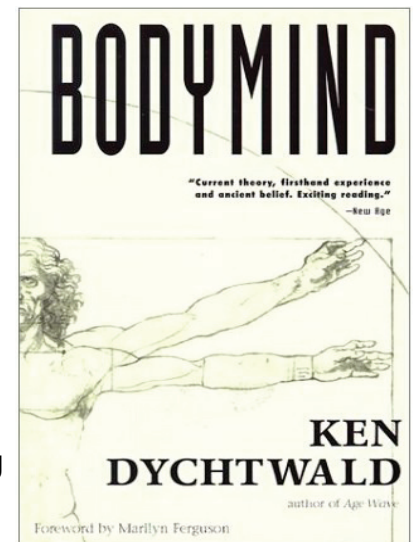
surprise anybody when a tennis player gets “tennis elbow” or when a runner gets shin splints. The new layer of understanding here is that our thoughts, emotions and non-physical circumstances of being wear on the body in ways that are less obvious, but just as critical. The premise states what you always suspected.



Here are two books that may point you in the right direction of where to look for the psychological or emotional cause of a physical breakdown. Both of these are available from Amazon.Com and very affordable. While neither is perfect, these are the best two on the subject so far as I know.

If you want to buy only one book, I would say go with *Your Body Speaks Your Mind*. It is straight-forward and enlightening.

The *Bodymind* book is full of wonderful insight, but is more clinical in presentation. If the first book leaves you wanting more, *Bodymind* will give you more.



For instance, here's a brief excerpt from *Bodymind*. *Why do so many people have tension and stress in this (lower back) portion of their (body)? I believe that the answer lies in the fact that this region, in addition to being connected to the feeling and power center, the belly, also acts as the mediator between the psychosomatic aspects of the top and bottom halves of the (body).* - Ken Dychtwald.

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STEP THREE. In Step One you identified a weakness either present or developing in your body. In Step Two you identified whether the cause is mechanical in nature or has sprung from a disturbance of a psychological/emotional nature. In Step Three you will begin with the basic process of quietly tuning your mind and body into a state of mutual awareness and agreement as learned in Chapter Nine, then use magickal techniques to resolve what you have learned in Steps One and Two. Once you have achieved attunement between body and mind, you can use this state for a variety of purposes. Two of those purposes have to do with healing and regeneration. While in this state you can:

- a. If you suspect the root of a particular physical manifestation is a person, you can open a dialogue, forcibly if necessary, with the essence of the person in question and address the unresolved issue or conflict so that the outcome is satisfying to you. Naturally, the number of repetitions necessary will correspond to the importance or persistence of the cause of dis-ease¹, but each such encounter should chip away at the emotional debris that forms a block, or fill in the holes or cracks, or strengthen the weakness even if by a small amount.
- b. If you suspect the root of the problem is more a situation than a particular person, you can 'evoke' the emotional memory to a point of intensity and force it to fade by flooding it with light. Spotlighting is an easy visual because everyone is familiar with it. Lights in shades of blue, white and pale yellows are good for this purpose. Avoid lights in shades of red and orange.

Reprogramming yourself to a state of health is not just possible, it's easier than you think. It requires belief and commitment. Repetition, as mentioned above, may be necessary, but the actual process is easy and painless.

In this three step process, we combined three distinct disciplines melding science, magick and mysticism. This is what modern Witchcraft should be about.

¹. literally means "out of a state of ease"



So why should I, as your teacher of Witch Arts, spend time focusing on issues of your health? Let me answer a question with a question. If I told you that this is a multiple choice pop quiz, how would you answer?



The goal and ideal of Witchcraft should be:

- a. Getting as much pleasure out of your life as possible.
- b. Accomplishing as much as your potential will bear.
- c. Easing the pain of the lessons you are here (incarnate) to learn, while gaining the wisdom you need from this lifetime in a body.
- d. A heightened sense of organic interaction with the physical world.
- e. A heightened sense of mystic interaction with other modes of being.
- f. All of the above.

Of course the answer is “all of the above” and every one of these items (a-e) are contingent upon good health.

a. **Getting as much pleasure out of your life as possible.** That requires good health, rich experiences and meaningful relationships. And, yes, rich experiences often require money.

b. **Accomplishing as much as your potential will bear.** That requires luxurious dreams, the exercise of personal talent and satisfying work. It is my contention that, if you are ever completely at ease with your circumstances, you’re probably not doing this right. The desire for *more* is a way of taking your pulse. Not only is there nothing wrong with wanting more, it is a mandate for a life well-lived. *Note: This is a good thing that can be perverted by fixation if it loses touch with the goal. For instance, there are corporate CEO’s who pay themselves obscene amounts of money at the expense of the people who actually make the profits. There are only so many cars, houses, planes and boats one*

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person can use and enjoy. Many of these people lose their balance and lose themselves to power lust. You should be self-aware enough to know when have achieved mastery of a particular goal so that you know when to move on to a different set of goals.



Lavender.
(LAVANDA ANGUSTIFOLIA)

c. Easing the pain of the lessons you are here (incarnate) to learn, while gaining the wisdom you need. You would not want to avoid your lessons altogether because spiritual procrastination is a game you cannot win. It's smarter to confront the difficulties you are presented and work through them creatively when you can. You may not be able to eliminate the fallout of a bitter disappointment, but you can relieve the stress by burning or diffusing lavender and brighten the atmosphere with orange candles. There is always a way to use your Craft

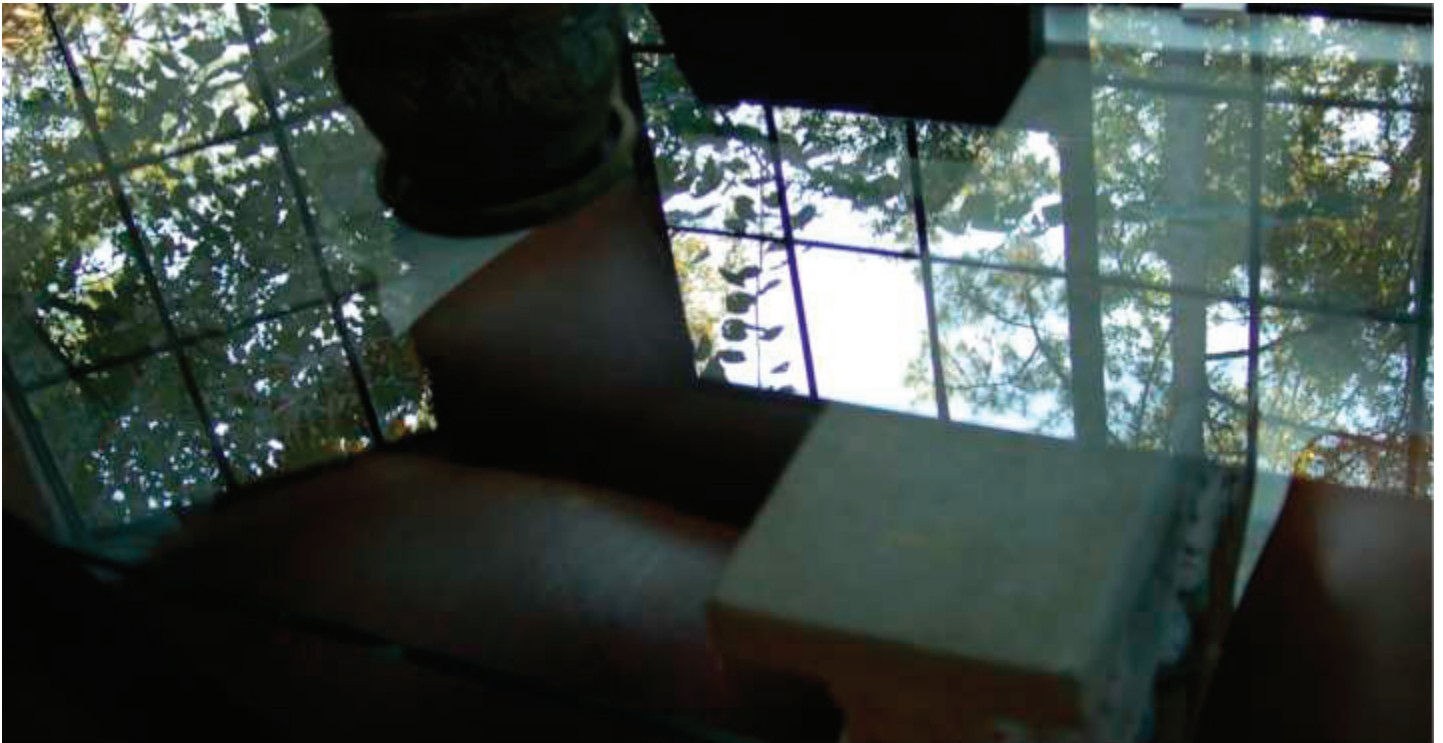
to ease your way. Sometimes your Witch skill level depends on your creativity.



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d. **A heightened sense of organic interaction with the physical world.** This is another way of saying “show up for your life” on Earth. Before the Industrial Revolution, everyone had more organic interaction with their physical world but, even then, village culture would regularly produce a shaman or Witch who was more connected to the environment than others. It can be difficult in urban areas to stay in touch with the Earth that sustains us. Honestly, I don’t know why all people who are forced to work in rooms without windows don’t wilt, wither and die. I would.

While you are working your way toward your ideal circumstances, don’t lose touch with the Earth that is your mother. Don’t get on a treadmill when you can walk or jog outside. If you don’t have a garden, have some pots by the window. If you don’t have a pet, volunteer at the SPCA. Use the creativity that is your divine spark. Finding ways to bring what you really want closer to you accelerates the progress of the manifestation.



This is a photo of my kitchen table. The top is glass so that it reflects my forest -- one of the ways I manage to live indoors and bring the outside in at the same time.

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My neighbors tell me that their cats and dogs are always trying to get out so that they can run straight to my yard. They can't figure out what is so darn attractive about this property. One morning recently I came around the corner to see my front yard fairly hopping with domesticated pet activity. Of course, I also have a relationship with the other creatures of the forest.

Last week I took the trash out. I opened the top of the "rubbish trolley" (as my Brit friend calls it) and threw in a bag. I heard a, "Hhrrumphhhh!!" I stood there for a moment a little stunned trying to decide if my trash thing was talking to me. (I assure you, stranger things HAVE happened.) I finally decided to open the top and have a look in. Sure enough, there were a pair of intelligent little raccoon eyes looking back at me. I closed the lid, rolled the thing to a grassy area, laid it on its side, opened the lid and backed away. In a couple of minutes, he came out, but didn't run. He laid his ears out to the side, sniffed the air, and studied me with great interest for awhile. I was first to leave. He may have been finishing his day, but I was just starting mine. I looked back and saw him climbing a tree as I was going into the house.

I live in a place where such encounters occur regularly because it helps me feel balanced and connected.

e. **A heightened sense of mystic interaction with other modes of being.** In second year, you have begun to venture into communication and interaction with other places and entities. Each such experience broadens your understanding and awareness immeasurably.

Judging by the answers to the application questions, I surmise that most of our students were initially pointed to the path by an experience with the "paranormal". For many of you, that experience amounted to an invitation to come learn more.



Beauty Glamour



Is this woman beautiful?

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The woman's name is Meryl Streep and the answer to the question of whether or not she is beautiful is that she is when she wants to be. If you go to the movies, you have seen her make us believe that she is ugly, gorgeous and everything in between. Some of that is make-up choice, a lot is acting, but there is a third factor that separates stars. For lack of a better word, it is a "light" that shines around them -- when they want it to.

I read a story once about the late Marilyn Monroe. A storyteller had a friend who was Marilyn's friend and asked if she wanted to go shopping with the two of them. They spent the day together on the streets of New York. They shopped, had lunch and strolled without drawing any notice or attention. Late in the afternoon Marilyn turned to the newcomer on the sidewalk and said, "Would you like me to be her?" The storyteller didn't know what she meant, but the mutual friend told her, "Sure. Go ahead and show her."

Marilyn didn't change her hair or make-up or clothes. She just turned on that "light" and within seconds they were surrounded by a crowd asking for autographs.

The point of this story is to tell you that you, as Witches, can learn this technique, but I strongly caution against it. There are a few people, like Meryl appears to be, who master the ability *and* live normal, functional lives. That is more the exception than the rule.

First, attention is addictive.

Second, the "light" is a drain on your power as it requires energy to maintain. Exactly like what used to happen when car lights were left on all night. The battery would slowly die until there was nothing left to start the car in the morning. Do you really want to use your limited resources for a deception?

Third, if you turn the "light" on, you will attract notice -- good *and* bad! If you are a woman, you may get a lot interest from the opposite sex only to find that their wives/girlfriends hate you and that friends are few. You may also find that attention from lots of members of the opposite sex includes a lot of stuff you really didn't want to know about the thoughts and behavior of the opposite sex.

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Having presented all these precautions, I will tell you how to do it and let you decide.

Reposition yourself so that you are not functioning as part of a timeline continuum. You are no longer marching in the parade of past, present, future. You are only in the moment. In this moment you shed every worry, care and problem. When you are truly in the moment there are no worries, cares or problems because all these things are rooted in concern for a moment that follows this one. Concentrate on letting everything go except total acceptance of yourself and joy in the being you.

See the light emanating like a visible aura. You will feel the muscles in your face lift and smooth, the corners of your mouth will come up. You will feel a buzz of excitement running between the top of your head and your solar plexus. If you can hold this energy while you enter a restaurant, people will stop eating to turn and look at you. The second your concentration slips, they will lose interest. **Be careful how you use this and how often you use this.**

There is often more than one way to accomplish a task. I don't use "shine the light" glammers for a lot of reasons - some of which I have mentioned. However, if I am (for instance) accompanying my husband to an event that is part social and part business, and I can't take any chances on my charm meter, I wear this one particular brand of pure Jasmine.

I love Jasmine and have been wearing it for a long time. I have tried every brand and found surprising range in the differences in scent. There are a couple I don't even like. The 100% Jasmine Oil sold by rootsherbal.com is my favorite. This is not a prelude to sale. It is not the oil we carry at 7th House because it is more expensive than our price point. It is simply the oil I use. *(Note: You may want to experiment with how the different brands work with your personal chemistry.)* Wear when you are selling or in social situations when you need to make a good impression.



The Shaman Track



*Woman gathering wildcrafted
St Johns Wort.*

Believe it or not you will be third year students by end of this year. As I told you when you began this adventure, in third year you may wish to concentrate on a specialty. One of the main themes we intend to develop will be called The Shaman Track. We're using the word shaman to narrow the somewhat broader definition of Witch because the term shaman conveys the necessary element of service to community.

I hope that some of you will consider offering your services to your communities. The fact that our modern world doesn't leave a seat at the table for the Witch or shaman doesn't mean the need has gone away. There are people who will be lifelong residents of mental institutions with problems that could and should be approached from the perspective of metaphysics. That is because the world of myth and magick has been relegated to academia, thought to be the nothing more than the ancient musings of illiterate shepherds or superstitions of the semi-literate urban.

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Several times I have referenced the years I spent working in this capacity in Houston. My card read simply Victoria David Danann, Metaphysician. I will talk more about the experience I gained from this part of my life in third year.

For those of you who are interested in pursuing this the idea of Witchcraft as vocation, here is what the track will entail. I would suggest that, as you are spending your third year in preparation, you begin putting forms and structures in place that would allow you to start performing your work part time; a few hours on weekends, an hour or two at night when third year is complete. Beginning this work as part-time gives you time to determine that the work is right for you and to build your clientele and your confidence. Among other things, it's a good business model.

For those pursuing this track, we will cover such topics as ethics, what to charge, what to wear and, most important, what you must know and be able to do before you can hold yourself out as an authority on magick.