

The Book of Initia, Chapter Three

Psychic Self-Defense and Introduction to Interdimensional Intercourse

Psychic Self-Defense

I have identified three forms of psychic intrusion that warrant defense and have alluded to them at various times, in various ways, during your pilgrimage toward this lesson. As is our usual custom, we will begin by defining our terms.

First, let me say this. If we were a perfect design, our psyches would be impenetrable fortresses. If I were THE Creatrix I would have made it so, but, alas, I was not consulted. Like many creatures we were given a defense paired with a vulnerability. Psychic integrity and privacy is not a right. It's a choice.

I present these in terms of how much energy is required to counter from least to most.

1.) UNINTENTIONAL. The offender doesn't like you or is envious of you or your status/position. The malice is completely intentional. The resulting magick is not. They experience strong negative emotion toward you and do not challenge themselves to examine and mitigate the feelings. (Let me add here, as a side note, that this often is through no fault of your own. You may remind the person of mean Aunt Marge. You may be too cute for the comfort someone highly invested in a competition of physical attractiveness. You may have received a promotion they thought they should have. If you have done this person a wrong, take steps to fix it. If not, continue on your path dealing as best you can with the axiom that you will not be liked by everyone no matter what you do.)

The Book of Initia, Chapter Three

The person in question has natural magickal ability, but no knowledge of or training in occult applications. This is not to say that you could be perfectly certain the guilty party would refrain if they did know exactly what they were doing; perhaps yes, perhaps no. For a true to life example of such an occurrence, please see the story of the Evil Eye under “Defend Against Psychic Attack” in the PowerCasting™ section of both the first and second edition *Seasons of the Witch Primer*.

2.) INTENTIONAL. Intention is an understatement when planning is involved. Just as it sounds, the initiator of this event has natural ability AND knows exactly what they are doing. Consequently, a stronger counter is required.

3.) NONHUMAN. This is an attack mounted by something not human. It is rare and usually the result of a misdirected magick.

MY THEORY on Interdimensional Intercourse

Here I must diverge to present my theory. I think of this treatise as a working model meaning that I am always prepared (even eager) to adapt when a better or more conclusive idea becomes available, but, in the meantime, must organize the information that is currently available for the purpose of discussion and hypothesis.

I personally do not believe in predestination per se – not in the sense that each of us has a destiny that cannot be changed, but I do think we have agreed to an incarnation in a physical body with an intention of completing certain tasks and finding a potential destiny that is the equivalent of our soul’s pot of gold. If my view should prove correct on this, it gives a bittersweet perspective to our failures, our sorrows and our disappointments. It also gives wings to our persistent dreams, our unique experiences and our joys. Each of these is like a guide that either nudges, or shoves, you back on track. You can choose to ignore the signs if you wish. You can be defiant in the most stubborn, even childish, way if you wish thereby bypassing your destiny – the one you chose for yourself.

The Book of Initia, Chapter Three

In the eighties my children played a lot of Mario Brothers. I joined them just enough to know I am at risk for videogamelism if that's what you might call a compulsion to play past the point of reason. I made myself swear off so that I might get something accomplished in this lifetime. Like everything else put before me, it turned out to have a purpose.

At a seminar I was asked for a summary of my view on reincarnation. I didn't have prepared remarks on the subject, but the picture of various Mario scenarios jumped to mind and I realized it makes a perfect metaphoric model for my view on the larger issue of "why we are here". I said, yes, I believe in reincarnation and have since I was about twelve-years-old. (I remember this because that was the day that my father brought home a coffee table book called "Religions Of The World" that had been given him by a client for some odd reason. Hungry for knowledge of such things, I grabbed the book and ran off to my room. When I came across the idea of reincarnation, I intuitively recognized it as true. Having spent twelve years in the Southern Baptist Church, much of it saying to myself, "That CAN'T be right!", I was relieved beyond words to learn that someone, somewhere had a spiritual view that didn't seem incredible.)

Starting with an assumption of reincarnation, like the first level of Mario Brothers, the first lifetime is relatively easy to get through, but each succeeding lifetime is progressively more challenging, fraught with greater peril, but promising greater reward. Just when your skill set finally conquers the highest level, you learn that there are several more Mario "Worlds" with more levels and greater difficulties. And, if by chance, you survive all that, instead of a



The Book of Initia, Chapter Three

hammock on the beach, you move on to Mario Brothers 2 and 3!

All this is to say, that my particular experiences and challenges have led me to this working model.

There are several dimensions of existence connected to the mass of our planet. These occupy the same general, but not exact, physical space. Some postulate that there are six. I think there are probably seven. These various dimensions operate at different levels of vibration and, sometimes, slightly different laws of physics. Ideas about these have taken on many names such as heaven, hell, underhill, summerland, Shangrila, astral plane, etc. I think our mode of being is in the middle, meaning that there are perhaps three dimensions that operate at slower rates of vibration and three that are higher. That would make us number four. There are places of juncture or overlap with numbers three and five, which are very close, almost identical to our own. Let us call these points doors or gateways.

The barriers between dimensions can be blurred by extrasensory perception or even by season. As you know, the old ones have said the time of Samhain is the time when the "veil between the worlds is thinnest". This means that the barrier between our dimension and the next is less substantial in the Northern Hemisphere at the end of October which makes it an astronomical event. My theory on "ghosts" is related to this overlap.

Perhaps ghosts exist on level three. There are countless stories about people who see apparitions in their homes. These are people who lived in these houses when they occupied a body in this dimension. Like many people who are "alive", they proved so resistant to change that they would rather wander around a shadow environment that is familiar to them than move on to a new environment that is brighter with a different pace and new set of challenges. The ghosts are moving at a slightly slower rate of vibration and are usually oblivious to being seen.



The Book of Initia, Chapter Three

Occasionally, the ghost of a person who had ESP encounters a living person with ESP and the two will simultaneously recognize the existence of the other. This may frighten the living person and confuse the spirit passed over. But, the event of viewing each other from different sides of the barrier is an example of interdimensional intercourse.

As I have mentioned before, many creatures of myth exist in fact in other dimensions – each as evolved to be more at home in one or another. Perhaps some of them used to visit our dimension, which I will call the fourth, more often, or even live here, but find our modern, human-centric world somewhat inhospitable. Humans in general are not able move easily from one dimension to the next, but I believe there are creatures who can. Creatures who may be visible to us by slowing or increasing their rate of vibration to match that of different dimensions the same way we can choose to stroll, power walk or jog. Or they can choose to be present without being seen.

To support this idea, consider this. I live in the South and have a large ceiling fan above my head as I write this. It has five long blades that extend from a cog rotator. At rest, I can see every detail of the blades right down to the shape and swirl of the wood grain. If I turn the fan on low, I can still see the blades without detail, but could not tell you for sure how many there are without prior knowledge. If I turn the fan up to the next level, the ends of the blades become a blur and I can tell only that there is a fan in motion. If I turn the fan up to the highest level, the blades disappear completely. I can barely make out the faint outline of a circle in the air.¹ If I could turn it up slightly higher, I wouldn't be able to see anything at all.

I believe our dimension is visited by nonhumans with greatly diverse attitudes toward humans. Almost any class on mythology or folklore will begin with a statement that the myths have a basis in fact. The difference is that modern humans assume the fact was a common occurrence made fantastic by storytelling while others, Witches among them, tend to believe that the basis of the myth was an extraordinary, but factual occurrence. Sometimes an "other" attaches itself to an individual or even a family lineage. If you encounter such a creature accidentally (meaning you didn't call it), there is nothing to fear unless you feel fear. When the presence is malevolent, you will know the difference. When such a thing targets a young innocent it's nothing less than molestation.

¹. Make sure your fan is turning deosil.

The Book of Initia, Chapter Three

My daughter, Kelly, who is also headmistress of SIA, has been repeatedly visited by such an entity. She describes it as black as night, with reddish eyes and a single expression – a terrifying, maniacal grin. The first time she saw it was when she was about twelve-years-old and away at summer camp. It appeared at the open air window next to her bunk.

The next encounter was the thing's typical modus operandi. She was about fourteen. Our extended family was gathered at the vacation house at my dad's ranch. It is set up so that the entire family could sleep in two rooms next to each other. We warmed ourselves with log fires in winter and cooled ourselves with open air breezes in summer. The children loved that everybody slept together in big rooms. It was Labor Day, the end of summer and hot. We had all the windows and doors open to screens. During the night I stirred as I became vaguely aware that Kelly was moaning in her sleep in the next room just about the time that I heard crashing and splintering. The latter was my beloved German Shepherd, Morgan, always content to sleep on the front porch when we were at the ranch, breaking through the screen door to run to Kelly's bed. I followed close behind and could see that my dog was very agitated. It took a few seconds to pull Kelly out of her sleep. This was the first time this thing tried to suffocate her by sitting on her chest.

The only other time it has taken visible form was when she was in her late twenties, pregnant and soaking in a bath of salt water. Her husband sat on the floor beside the tub as they discussed the day's events. They heard the door open slowly and saw my four-year-old granddaughter standing there glassy eyed, appearing to be in trance state, except for the ugly grin Kelly recognized all too well. Kelly rushed out of the tub, took her daughter by the shoulders and instinctively gave her a little shake. When she did, the thing stepped out of her body, stared at Kelly for an instant and disappeared. She realized later that her hands still dripping with salt water had performed a spontaneous exorcism. Her husband was not able to see the thing in the form intended for Kelly. What he saw was a dark, smoke-like cloud. When the thing left my granddaughter she woke up standing in the bathroom with no memory of having left her bed. While Kelly tried to calm her, my son-in-law, who was badly frightened, called me to relate his version of the incident and ask if there was anything he should, or could, do.

Ever since this incident Kelly has been super-conscientious about daily protections for

The Book of Initia, Chapter Three

the children.

This is another example of interdimensional intercourse. There have been dozens of other times, usually during periods of stress or vulnerability, when the thing has tried to sit heavily on her chest and frighten her into believing she would die from suffocation. This phenomenon is not unique. The same thing exactly is described in Maxine Hong's novel, Warrior Woman. In Asia, this entity is well-known. Phil Hine, the chaos magician, has also dealt with this phenomenon personally. The fact that I happened to come across these two accounts, from widely diverse sources, is another synchronicitous piece for the puzzle.

Apparently it is a particular kind of demon that, I gather, enjoys fear or feeds on it. I don't think it intends to kill its victims, but means them to think they will die. For all I know, it may be a race of creatures or it may be just the one. During the long periods when it's not disrupting Kelly's peace of mind, it has ample opportunity to visit hundreds, or even thousands, of other people. I cannot say conclusively why it has chosen Kelly, but I speculate it was a past life magickal incident gone awry. Perhaps she dabbled in the darker arts. This is the sort of consequence you would expect. Of course, this doesn't spoil her reputation in my eyes. After all, we can only hold people accountable for what they are doing in this lifetime. At present she is hot on the trail of a technique that may be used to permanently banish the thing the next time it makes an appearance.

Oddly, and I didn't realize this until I wrote this lesson, I have been angry at this thing for scaring my child and my grandchild, but I have never worried that Kelly would be harmed. I say oddly because I am not a nonchalant mother. It seems that it has just never occurred to me that this thing can muster enough power to overcome my daughter. I must have an enormous respect for her magickal ability. Likewise, I must have known, on some level, that the appropriate response for me, the parent, was not to interfere, but let her work it out in her own way in her own time.

One thing few talk about is the phenomenon of creatures among us who look human, but are not. These are beings that incarnate physical bodies. Here is an excellent description by Dion Fortune.

The Book of Initia, Chapter Three

“In appearance they are usually small and slight, possessing unusual physical strength and endurance but very liable to nervous exhaustion and brain-storms. In social relations they take violent likes and dislikes; they show a facile and demonstrative affection towards those they like, but quickly forget them. Gratitude and pity are unknown to their nature. Towards those they dislike they are pettily malicious, and in all relations of life they are utterly irresponsible.”

They are characteristically amoral, distrustful and are highly susceptible to mental illness because they cannot be “at home” in human bodies. Sociopathology is common. Marriage with one of them always proves disastrous.

A couple of years ago Kelly was accosted by one of these. She was driving her children home from school when she noticed a man standing on the sidewalk smiling. As she drew closer she had more and more the feeling that something about him was out of place. He seemed to suddenly become infuriated, ran out into traffic and began yelling curses and beating on the side of her SUV with his fists. She was shaken by the incident, as were the children, and called me when she got home. After a few questions, I concluded that she had encountered a nonhuman who was undone by being recognized.

We may go deeper into this subject in third year, but, for now, it’s enough to mention that everything is not what it seems. Of course you knew that already.

None of this is told you to frighten you unnecessarily. I tell you this first because I want you to take precautions to follow my instructions carefully. We live in a time when people no longer read carefully. Many of us skim or prematurely fix on an idea of where a writer is going with a thought without allowing the thought to develop as intended. I know this goes on because of some of the mail forwarded to me by Kelly. Don’t skim. Don’t make assumptions. Read every word and, if you have any question or doubt, talk to us.

Second, you should know that as you grow more and more attuned to the magick that is all around you, like static electricity, you will find that what you want comes to you with less effort AND you may encounter more “unusual” events than you would expect to experience if you had not chosen this training. I could compare it to a fog clearing. You have been living in a fog that has obscured many things you were not prepared to see

The Book of Initia, Chapter Three

and experience. These things will very likely be nothing more than curiosities. As I said at the beginning, negative attacks by nonhumans are rare and they are not random. They are normally initiated by something done by a Witch or Magician. This would not be something accidental. So don't worry about that. You would have to be intentionally intending to conjure an entity for purposes of power.

COUNTER MEASURES

1.) The first two categories of psychic attack are handled easily with spells of binding followed by a salt bath to rid yourself of any previously cast remnant. The bell jar method outlined in Chapter Ten of the Book of Novicia will work well for the first category – Unintentional, but, if you need to counter an Intentional attack, I would increase the intensity and use my coffee can binding instead. How can you tell which is which? Because you're a Witch. The intentional attack feels like someone is pushing at your auric body.

The difference is in the container and the contents.

COFFEE CAN BINDING MATERIALS:

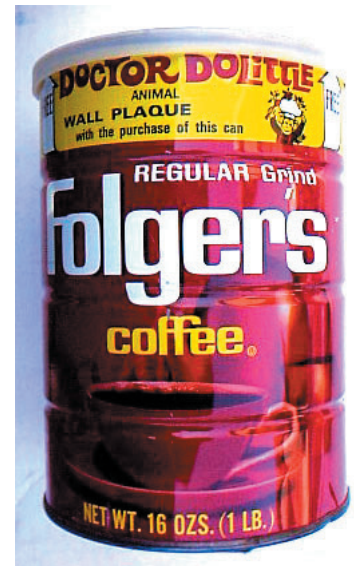
Coffee can with aluminum lining

Black candle

Black ribbon

Photo or representation of the person being bound. (It's a lot less difficult to obtain photos in the age of phone/cameras and Myspace.)

I like coffee cans that have an aluminum lining. Ideally you would paint the outside black, but it's not necessary unless you're dealing with a Witch or Magician with extraordinary acuity. For purposes of a binding, the can lining forms a hall of mirrors. Any magick aimed at you, good or bad, by this particular person will ricochet back to them immediately. The angrier the assault, the worse it will be for them. The coffee can contains one thing – a photo (or representation) of them with your instruction to bind them written on the back as follows:



The Book of Initia, Chapter Three

THE BINDING CROSS:

Draw an equal sided cross and write four words. Magick returns to thee.

Burn a black candle while you are preparing your materials.

When you have completed the Binding Cross, drop some of the wax onto the intersection of the cross where the four words meet saying, "Magick returns to thee", three times.

Turn the photo face up and place in the bottom of the can.

Put the lid on the can and tie it with your black ribbon saying, "You, _____, are hereby bound. Magick directed toward me shall never escape."

Then bury the can in dirt as deep as is feasible.

Don't worry about creating negative energy around the coffee can. None can escape. You can grow flowers on top of it.

Don't worry about letting them out later. You have only bound them from practicing magick against you and I can't think of any reason why you would ever want to lift that restriction once someone has proven her/himself treacherous.



CAVEAT: If you find yourself needing to do this often, the problem is probably not them, but you. While I have found it necessary to use a bell jar several times, I have performed the coffee can spell exactly TWICE! (Yes. It performed beautifully both times.)

The Book of Initia, Chapter Three

2.) The last category, nonhumans, usually refers to entities that are not powerful enough to be visible, but whose presence is known or “sensed”. Of course this too is not a problem unless the feeling is uncomfortable. Everything in the universe cuts both ways. Your Witch’s gift of sensitivity may seem more like a pain than a gift at times. This is countered by banishing. I have sprinkled a couple of techniques into your coursework, such as the Clearing described in Chapter Three on Environmental Magick. This is somewhat expanded in the *Primer*.

A banishing is something that needs to be written spontaneously by the person who will cast the spell because there must be a direct relationship between weapon (you) and target (it). You will have to rely on your own intuition and the spell writing skill you have been developing over the past fourteen months (or longer). If I had such a need, here is the basic framework of what I would do.

Open the doors and chimney flues.

Burn a protective incense – significant enough to be potent, but not sufficient enough to set off smoke alarms.

Write a quatrain and say it out loud three times.

Then whirl around like a dervish with broom or besom in hand. Alternately, spinning with a bunch of white sage makes you feel very powerful, but watch the smoke.

CAVEAT: Regarding spinning. That would definitely be deosil if you are a woman in the Northern Hemisphere. I refer to gender because there seems to be a conflict between Magicians regarding whether you should turn widdershins if you are a man. I can’t test this for obvious reasons, but I will say I don’t believe it. When you let the water out of your tub, it circles deosil whether you are woman or man. For the same reason we cast in harmony with the moon’s cycles, there’s no point in defying the laws of physics when you can work with them. It’s the same thing as putting your canoe in upstream so you can float the river with no effort required by you except guidance.

CONCLUSION

I told you that we, meaning humanity, are not able to move easily between dimensions. Like most rules there are two exceptions. One is Witches who are trained and so inclined – and both conditions must be factored. The second is the true Hedgewitch, a person born with an innate shaman-like ability for interdimensional travel.

Some sects of traditional Witches routinely make visitation to the seven “hells”¹ part of advanced training. We will return to this subject later in second year.

ASSIGNMENT:

You are still working on Step 3 of Assignment 2 from Initia, Chapter Two.

In the next lesson we will attempt to evoke a guide for you. This guide will agree to facilitate your introduction to astral travel. We will create a formal circle and perform sigil magick to that end. I tell you this now to allow your excitement to take on a magickal presence. It’s exactly like a blind date.

¹**Hells.** This is NOT the same thing as the Christian understanding of Hell. Like MANY other Pagan ideas, the notion of a single Hell was appropriated by the Christian church and remolded to fit a doctrine consistent with their political agenda. Navigation of the Seven Hells is a requirement for advanced training in the Order of the Ordo Anno Mundi, commonly known as OAM. Some parts of their principle text, the Oera Linda Book are over four-thousand-years-old.