

# The Book of Novicia, Chapter Four

## *Mental Magick or Meditation as Magickal Tool*

First, let me congratulate you on completing the first three chapters. The foundation you're building with this work is sometimes tedious, parts may have seemed like drudgery, but you stayed with it. This tells me you're serious about the work and I commend you for that. There are many light and dark experiences juxtaposed on the way to the mountaintop. There are surprising, magnificent views -- the kind that make you say, "I had no idea the world could look like this from here." But there are also places with loose rock, prickly plants that may irritate your skin, times when you must stop because you're out of breath and, perhaps, doubts about whether you should have undertaken the climb in the first place.

Chapter Four of the Book of Novicia is about using your mind as a Magickal tool -- in this case through the process known as meditation.

**KEY: Your mind is the most powerful Magickal tool at your disposal.**

**PRINCIPLE: It is also the ONLY tool you actually NEED.**

I have received several inquiries from students wondering how to effectively practice while traveling. These students had focuses of a specific nature that related to *Seasons of the Witch* PowerCast™ opportunities. The answer to this question couldn't be conveyed definitively until we reach this stage of training -- and it is this. I could be flying ten thousand feet above the ground, sitting crammed between two strangers, and, so long as I could close my eyes, I could cast an effective spell. If you follow the recommendations in this lesson, within a short time you will be able to do the same thing.

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From an historical standpoint we could say that meditation has been thought of as sacred since ancient times. Some form of meditation is practiced in every major world religion. Yogis, Christian mystics, Zen Buddhists, Quakers, Kabbalists, and Secular Humanists all incorporate some form of meditation into the practice of their expression of spirituality.

As I have said many times, and will continue to say many times more, science and Witchcraft (along with most things thought to be paranormal or supernatural) are on a convergent path. Someday the mysteries will be routinely explained by a future incarnation of Bill Nye, the Science Guy. The operations and processes at work in meditation have already been partially explained scientifically.

When I was earning a Masters in Psychology, I learned that we, as humans, can control brain waves to a remarkable degree. Since then, the evidence of thousands of biofeedback studies has been collected. From these trials we can conclude that most individuals can learn to consciously shift their brain wave frequencies down from the Beta range of "normal" consciousness (14-26 cycles per second) to the "meditative" Alpha range (8-13 cycles per second).

This 5 to 10 cycle per second difference may sound minor, but it transits a major psychic threshold. It marks the difference between light and shadow. Beta consciousness is to the sun what Alpha waves are to the moon. Beta is bright, alert and active. Alpha is inner sanctum; a place of sensual shadows for meditation, listening, healing.

I will teach you how to consciously downshift into Alpha consciousness. Once you have learned the technique, you can use this phenomenon to go on aimless adventures (not unlike the dreams you have while asleep) or you can direct it purposefully -- to create, to heal the body or the spirit and to manifest dreams.

This lesson is two-fold. First, you are learning a meditation technique that can be used to realize your dreams. Second, you are learning a form of psychic self-defense in the sense that knowledge is power. There is another side to the meditative state of Alpha consciousness. Like most tools, it can be used for evil or for good.

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The following is a quote from a company that sells pulse devices designed to affect (without their knowledge or consent) the brain waves of persons within their range.

*This method of controlling brain waves with low frequency input is not new at all. In the 1930's researchers found that repetitive light and/or sound stimulation caused brain waves to adjust to the same frequency. For decades now, some "new age gurus" and other cult leaders made extensive use of repetitive sound pulses, often of the inaudible and subliminal kind. They know very well that this method can make their captive audiences more receptive to their preaching. Much earlier than that, as far back in time as the very dawn of humankind, shamans used drumming (repetitive pulses, or beats, of low frequency) to put their audiences into altered states and cause them to have experiences that they would not have in their normal state of daily activities. In our times, this type of pulse or "beat" is used in many situations where the capturing of audiences and the temporary control of their habits and especially their minds is considered to be important. Just think about fashion shows, exercise machine advertising, TV commercials, military training, church meetings, and infomercial pitches to the public, to name just a few, and the excessively rhythmic music played on these occasions.*



I received my training and certification in hypnosis from Dick Sutphen whose name some of you may recognize as he is something of a celebrity in the world of the "New Age" movement. While we have our differences on some principles, I agree with almost every word of his article entitled **"The Battle For Your Mind: Persuasion & Brainwashing Techniques Being Used On The Public Today"**. I have included a link to this article for those of you who may be interested in reading more on this subject and I hope you will. As I said, knowing what to look for is a powerful form of psychic self-defense.

I don't see how anything could be more sinister than using this phenomenon so that the unsuspecting will believe they are experiencing an authentic spiritual event.

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For most Westerners the word meditation conjures an image of Yoga-style serenity as pictured here.



This is a valid form of meditation, but it is only one of many doors. With this lesson I'm including an audio file that is a template for a purpose-driven meditation. When you listen to this part of the lesson, you will hear me walk you through a meditation technique with virtually instant results. It requires no special training, talents or gifts, and is as powerful as Magick can be. If you have not accessed any of the audio presentations and feel uncertain about how to do so, please contact the school staff and they will help.

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### **PREPARATION:**

- 1.) If you have not accessed any of the audio presentations and feel uncertain about how to do so, please contact the school staff by email and they will help. The ideal way to listen to the meditation is by MP3 player (convenience and portability) and headphones are better than ear buds (headphones mask external noise and define a space).
- 2.) You will need about ten minutes of quiet time when you will be left alone.
- 3.) You are going on a journey. Your destination is a place where wishes are granted. You need to know why you're going and what you're going to do when you get there. This is where your process of self-discovery comes in. The assignment is to pick one thing to ask for. For now, pick something that meets two conditions: (1.) you really want it and (2.) you can definitely see yourself having it. Write it down on a piece of paper, fold it up and put it away. For the first week, use this thing as focus for your meditation.
- 4.) Pick a place where you can either lie down or sit comfortably to hear the meditation recording. Loose clothing is better. If you are not using headphones, you will need to be relatively close to your computer. If you are lying down, lie on your back with your feet uncrossed. If you are sitting, place both feet on the floor. In either case, do not clench your hands together. Your hands can be at your sides or relaxed on your stomach (lying) or thighs (sitting).
- 5.) Choose a day and time when you would like to begin. I recommend that you do this exercise everyday for at least twenty one days if you can.

### **WARNING: DO NOT DO THIS IN THE BATH!!**

This is a case of mother warning that the stove is hot. You can believe me or you can find out for yourself by burning your hand. We will undertake this, with proper preparation, a year from now in the Book of Initia, Chapter Four.



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In the practice of meditation you will inevitably progress through a series of developmental stages as you become more adept at journeying deeper within yourself. Ideally you will eventually find a place where you can balance on the precipice between Alpha waves and Theta waves (sleeping).

The technique being taught in this lesson seems deceptively simple, but I assure you it can be used in miraculous ways. I know of a man who can instantly put himself in an Alpha state and control his heart rate. I know of another who can move heat around his body, from one location to another, so that it's perceptible to touch. Again, after you have had a year to practice this technique, I will prepare you to go further.

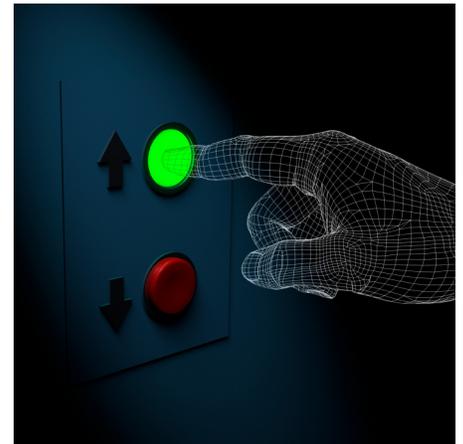
You may continue to use this recording for as long as you wish, but, after the first three weeks, you will be capable of taking the steps you have learned and applying them without need of an external guide. If you want to use different music, I recommend you listen to a variety of meditation-style tracks. You will be able to tell immediately which ones will assist you to reach an Alpha state quickly.

Here are the CRITICAL ELEMENTS you must remember to incorporate. Take your time. Remember, some things CAN'T be rushed!

- 1.) thoroughly oxygenating the body
- 2.) thoroughly relaxing the body
- 3.) going down
- 4.) coming up
- 5.) know where you're going and what you're going to do when you get there.

### **GUIDED MEDITATIONS**

I regularly performed guided meditations when I used to teach classes locally. The range and variety of scenarios is infinite. Don't be afraid to experiment with traveling to different "imaginary" locations on your meditative outings. Sometimes your spirit may need the sound of the ocean. Sometimes it may need more purple or more flowers or



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more light. Let your consciousness be your guide.

As always, you are welcome to pose questions at [witch-school@sbcglobal.net](mailto:witch-school@sbcglobal.net).

### IN CONCLUSION:

***Magickal Notation:*** Don't forget your journaling. The keeping of a Witch's Diary is a big part of the process. No detail is too unimportant to record.

*Your Magickal training is a building block process. The information added after Chapter One draws from the principles presented in the previous chapters and adds to it. For example, in Chapter One you did an intensive self-analysis for the purpose of identifying what you really want from your life. You completed the exercises and assignments, but that doesn't mean you aren't still working on skills of self-discovery. You may find it beneficial to continue to add to your previous Chapter notes with related thoughts and experiences. Do it in log, or dated, style so that your journey tells a story with a timeline.*

Your Chapter One notes will be about the process of deciding why you're studying Witchcraft and approaching life changes through the Treasure Map spell.

Your Chapter Two notes will be about the process of writing a Practical Magick spell of your choosing and a corresponding Ritual Magick spell.

Your Chapter Three notes will be about identifying possible problem areas in your environment that could retard your Magickal progress and making a plan for remedy or improvement.

Your Chapter Four notes will be a record of your meditation experience including what you saw and how you felt during and after.

In Chapter Five we will introduce additional Magickal tools and aids. The Chapter Five lesson will also include an interview with Anne Niven, owner of BBI Media, publishers of *Sage Woman*, *Pangaia* and *New Witch* magazines.