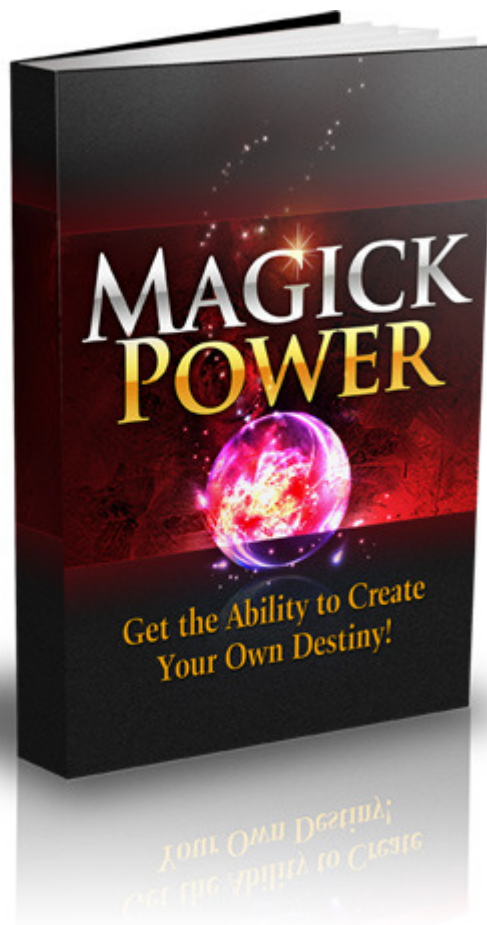


Magick Power

Module 2: The Basics of Magick

by Mystic X.



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The Basics of Magick

Even if you've never heard about magick...or if you have but didn't believe it was valid...this module will take you by the hand and teach you the basics you must know.

Our ability to think is the superior quality we possess that elevates us above all of the creatures in the animal world. But we seem to forget that we are, in fact, spiritual beings experiencing a physical existence.

Our thinking many times is confused and distorted...simply said, our brains are overloaded...especially at this time in history with the constant stream of information. Trouble is...many or most of us are overwhelmed because of the continuous barrage of information constantly being thrown at us.

The Universe is also spiritual in nature and is ready, willing, and able to give all of us abundance and prosperity. Trouble is, most humans have a difficult time controlling their thoughts and most likely don't even think they *have* this power.

Added to this is the dogma that for decades was mostly shoved down our throats from the time of our birth and throughout our childhood. We are brainwashed to only believe in this system and not what could help us more than anything.

Numerous systems have been kicked around throughout the centuries in an attempt to help us control our thoughts and make us into "better people." One such process, "Magick," is from the occult world. This energy manipulation is one of the oldest and most general of the many systems.

What is Magick?

Magick is the study and application of psychic forces. It uses mental training, concentration, and a system of symbols to program the mind. The purpose of magick is to alter the self and the environment according to the will.

Magick originated in Ancient Egypt and Chaldea, the Neo-Babylonian Empire in southern Mesopotamia.

The Chinese, Hindus, and Tibetans developed their own unique types of magick. Western magick was hidden by the Egyptian priests for thousands of years and then suppressed by the rise of Christianity.

This magical knowledge was rediscovered in medieval Europe by alchemists and Cabalists, whose system of belief was based on a mystical insight into the nature of God and the soul.

During merely the past hundred years or so, western culture has become sufficiently open-minded to allow widespread investigation. Science ultimately has shown some interest in it...just since the beginning of the 20th Century.

Parapsychology and Psychic Phenomena

Parapsychology, the branch of psychology that studies psychic phenomena, enables us at last to gain insight into the hidden nature of man. Remarkable evidence has been gathered regarding numerous cases of psychic phenomena. Knowledge gained from parapsychology studies can be applied to the wider-based theoretical study and practice of magick.

Incredibly, the human mind and body actually broadcasts psychic energy or force like a radio station. This theory is supported by both Kirlian photography ... the filming of aura and energy ... and cloud chamber tests ... cosmic ray detection.

Although the exact nature of this psychic force is subtle and unknown, it is undoubtedly the energy behind all psychic phenomena and magick. However, it is **not** a radio wave, since it behaves somewhat differently. As far as we know, the psychic force is too weak to be measured directly.

Everyone has some psychic ability although most do not understand how to use it. There are numerous types of psychic phenomena, and parapsychology separates them into two groups: ESP (extrasensory perception) and PK (psycho-kinesis).

The Amazing, All Encompassing Facts About ESP

Extrasensory perception (ESP) is the reception of random thoughts and information through paranormal means. This perception doesn't come to individuals through the normal five senses...sight, sound, touch, smell, or taste. The psychic force comes from outside of the body. ESP covers numerous areas.

1. Clairvoyance is the ability to “see” distant objects, places, and people.

The word comes from the French, meaning “clear vision” and is also referred to as “clear-seeing.” Those who are able to see ghosts and spirits are presumably clairvoyant. More intriguing is that clairvoyants are able to see future events. The main character in the movie “A Clear Day, You Can See Forever” was a clairvoyant. Clairvoyants can also see past lives!

2. Astral Projection or Out-of-Body Experience (OOBE) is defined as someone who has a full experience at a remote location *while the physical body sleeps.*

What is mind-blowing regarding this phenomenon is that babies in the womb frequently travel outside of their mother's body throughout the length of the pregnancy! Comedienne Joan Rivers has stated that she traveled out of her body to visit her daughter Melissa, who was residing in a distant city far from where Rivers was “sleeping” at the time.

3. Psychometry is the ability to read information by touching or holding physical objects and is literally translated from the Greek, meaning “measure of the soul.”

Criminology has used this method in the past using psychics to locate murder victims and even giving a description of the suspect(s). Psychics will sometimes refuse to handle an object because sometimes they will take on the physical pain involved in the crime, or in the case of crimes not involving death, will actually acquire the ailments or physical appearance of the victim! Also, the visions they see as a result are mostly horrific.

In the 1979 Stephen King novel, "The Dead Zone," a man who has been in a coma for several years wakes up with the gift of psychometry. By holding objects, he can get a sense of who used them and is able to solve a series of brutal killings.

4. Telepathic reception or mental telepathy is the ability to directly receive communication from a distance with no physical connection to the sender.

You might have experienced this particular phenomenon since it occurs continually in everyday experiences. One example would be when you think about something right before the other person says anything. Also, many times you might be thinking of a person you haven't talked to for quite some time, and you get a phone call, letter, email, text message, or some other form of communication from that very same person.

Mental telepathy has been tested with experiments, and dramatic cases have been recorded. An emotional element often exists in such cases.

5. Mediums claim to have the ability to communicate with the dead. This is also known as “channeling.”

Most people identify mediums as those who conduct séances. They are used so grieving loved ones can contact those who have died. Mediums presumably also have the ability to contact angels and demons. Certain cultures place mediums as a central focus of religious belief although generally science disapproves of it.

Whoppi Goldberg played a medium in the popular 1990 movie, “Ghost,” which also starred Patrick Swayze as the murder victim and Demi Moore as his grieving girlfriend.

6. Ouija boards, pendulums, and automatic writing involve movement from various spirits and entities not of this world.

Ouija is a blend of the French and German words for “hello.” Ouija boards were first created for use as an amusing board game. A word of caution here: This “innocent” game becomes a portal of communication with the dead when used and provides a gateway for “undesirable” or just plain evil spirits to enter into your space. Most psychics agree that it is not a good idea to use them. It’s an extremely dangerous “toy.” I have had bad experiences as a result of “playing” with a Ouija board!

On the other hand, pendulums are not threatening and can provide you with answers to simple questions. Unlike the Ouija board, which will spell out names and dates and such, the pendulum will give you the yes, no, and maybe answers that you’re looking for. The pendulum’s movements are caused by vibrations and energy waves emitted by people, places, thoughts, and things.

Automatic writing is part of Freudian psychology and consists of going into somewhat of a trance with your eyes closed, while holding a pen on a piece of paper. If a spirit agrees to “talk to you,” you will feel your hand moving across the paper. When it stops, you will find that there is writing on the paper...but clearly not your writing. Sometimes it is undecipherable scribbling. At other times, the writing will be clear and defined with much meaning attached to it.

7. Precognition is the ability to foresee future events through visions or dreams.

Precognition is somewhat similar to clairvoyance but, unlike clairvoyance, there is some degree of an emotional bond with the person, place, or occurrence that you’re able to see in the future.

8. **Premonition**, sometimes confused with precognition, is a type of prophecy consisting of an impressionable warning of a future event.

This phenomenon is characterized by a person experiencing such sensations as anxiety, uneasiness, and/or a vague feeling of disquiet suggesting impending disaster and even experiencing actual visual or auditory hallucinations. A person experiencing a premonition has more or less of a "gut-level" feeling. The sensation tends to occur prior to disasters, accidents, deaths, and other traumatic and emotionally charged events. The person just “knows” that something “bad” is going to happen.

Explanations of Psycho Kinesis, the Opposite of ESP

Psycho Kinesis, which is abbreviated “PK,” is deemed to be completely different than ESP because it is the active or “sending” side of psychic phenomena. The psychic force is sent *out* from the individual rather than being “received.” The field is much smaller in PK.

1. Telepathic sender is the transmitter in telepathy.

The easiest way to explain the telepathic sender is to liken them to a radio transmitter, one who sends out signals to others through telepathy. Those who possess this trait then could theoretically will others to call them, give them promotions, or pretty much anything imaginable.

A person with this ability is said to be able to read the thoughts and stored information in the brains of others. Modern-day “fortune tellers” such as palm and tarot card readers who have this ability could simply draw out the thoughts of the person to better guide them as to what the person needs to know!

2. Psycho Kinesis is telekinesis, the ability to move objects by means of psychic forces.

This is more commonly referred to as “telekinesis.” Possibly the most valid “proof” documenting this phenomenon was Uri Geller using his mind to bend spoons on national TV! Stephen King's first novel, "Carrie," depicted telekinesis, with the main character being able to completely

destroy her senior prom, killing everyone in attendance, merely with her thoughts!

3. Poltergeists are noisy ghosts that actually move objects and make noise. They can be traced back as far as ancient Roman Times although the word “Poltergeist” is German for “noisy spirit.” There is always one human involved—frequently a teenage girl—who appears to be the source of the psychic energy.

When you think about it, this might well be the scariest encounter you’ll ever come across. Remember the frightening movie, “Poltergeist”? What is interesting is the fact that even scientists acknowledge this phenomenon. Examples of occurrences often associated with poltergeists:

- Objects are moved or thrown around...sometimes at the observer
- Tapping, thumping, and footsteps are heard, along with vague voices
- Being pushed, pulled, or even knocked down
- Feeling cold spots, usually in dark areas
- Electronics malfunctioning
- Drawings of inappropriate faces on foggy mirrors

4. Psychic Healing is the ability to heal various illnesses and diseases.

There are many documented cases of these healings, and they usually involve a healer and a subject. Recent cases most amazing are cancer patients who learn how to heal themselves psychically.

Many psychics profess to heal remotely, and I’ve actually used this power to heal my dogs!

5. Teleportation, apportation, and levitation.

Teleportation is the ability to disintegrate a person or an object and make it appear in another remote location. This is largely used by science fiction writers and has been used extensively in the movies. Think Star Trek and "Beam me up Scotty"!

Apportation is time travel, as experienced in many movies, such as "The Terminator," "The Terminator 2," "Time Cop," the Back to the Future series, and one of the best...H. G. Wells' "The Time Machine" (the original).

Levitation is known to most of you as the "trick" used by magicians such as David Blaine, although it is simply a channel for universal energy. It also could originate directly from within the magician using it. The movie starring Edward Norton, "The Illusionist," comes to mind since one of his "tricks" was levitation.

Your Subconscious Mind

The concept of the subconscious mind was postulated by Sigmund Freud and others. Many studies have been done regarding the mysterious subconscious, but one thing is certain: You need to reprogram your subconscious to change your viewpoint about self-esteem, relationships, value, money, success, and a myriad of other beliefs that have been ingrained in our subconscious since childhood.

Remember that this part of the mind normally operates below or outside of ordinary consciousness and awareness. Dreams and hypnosis are examples. Many of our physical bodily functions are subconsciously automatic such as respiration and digestion.

Why Do Magick?

Magick consists of various subjects...science and art, philosophy and metaphysics, and psychology and comparative religion. Magick is an adventure on the borderland of the unknown and can be used to fit the pieces of the somewhat confusing puzzle of life into a meaningful whole.

Magick is fun and intriguing and is helpful since it can be used to control psychic phenomena. With magick, your life runs smoothly and is good. Your fantasies come alive through magick. Here are a few other beneficial results you can achieve by using magick:

- Helps you raise consciousness without drugs
- Enables you to gain new experiences
- Helps to attain excellent health
- Brings good luck
- Controls bad habits
- Aids in developing new motivations
- Improves personality

Never underestimate the tremendous power of magick. Although magick can be used to alter events, achieve your goals, and exert influence over people and phenomena, power for its own sake is self-defeating and dangerous. (Remember your karma!) The power that magick can give you should *not* be your primary reason for studying it.

Magick, Witchcraft, Alchemy, and Psychics

There are a number of occult disciplines that are prevalent today besides magick and many cults and sects that profess their views. In reality, there are few differences between them.

One popular area in the occult world today is witchcraft. Mostly misunderstood, it is far removed from the cliché of devil worship; rather, real witchcraft is a nature religion (pagan) and has much in common with magick.

Alchemy's heritage springs from the middle ages and also has much in common with magick. Alchemy involves chemistry and physical sciences with the avowed purpose of turning lead into gold.

Because of this, it is too limiting to be actually called magick even though sometimes the goal of alchemy is interpreted as the transformation of man into a spiritual being. To me, that's just a little misleading because, as stated before, we are spiritual beings experiencing a physical existence.

Then there are the numerous modern day seers or "psychics," as they like to be called, who operate within their own unique systems. Many of

these people are out-and-out frauds although there are some who are truly powerful and authentic.

All of this is, of course, a generalization since magick, witchcraft, alchemy, and psychics are complex subjects. However, the concept of magick is eclectic and includes all of these. Magick is undoubtedly a philosophy that has, as the late Aleister Crowley wrote, “The method of science—the aim of religion.”

The Subjectivity of Experience

Your awareness of the physical world and your place within it is mostly based on the five physical senses of hearing, sight, smell, touch, and taste. You are continuously sent information from these senses to your mind, which selects and interprets them. If the mind could not interpret them, your senses would overwhelm you and be meaningless.

Essentially, this procedure is automatic and a mostly subconscious function of the mind. The program or “map” that the subconscious follows as its reference point is called a model, which is a mental photograph of how you believe the world looks, your mindset, egregore, or belief system. Egregore is a kind of group mind created when people consciously come together for a common purpose.

Your belief system was ingrained in you at an early age through interaction with your family and peers. Most of your behavior, thoughts, feelings, and habits are based on and conditioned by that model...even your personality.

This model is one of the mind’s master programs, so change in your behavior generally requires a change in that model. These limitations cause our perceptions to be subjective rather than objective. This is why Hindu philosophy looks on the world as illusory (maya)...the world itself is not an illusion but from our viewpoint through perception, it is.

Therefore, we are all conditioned by familiarity except that our perceptions, or our experiences, are first conditioned and limited by that

model. That's why our perceptions and experiences tend to conform to what we expect, and we tend to misinterpret or ignore things that don't match our preconceived notions about them. This is automatic...it comes from within our subconscious. This demonstrates how there are so many different versions of "truth."

Our True Will

Although there are numerous religions, philosophies, and occult systems, none contradict one another. Instead, they describe the universal reality taken from different perspectives. Simply stated...there can be no ultimate truth in the physical world. We can only base our actions on assumptions and agreements because all experience is subjective.

Yet...there is a separate reality within each of us that is often ignored unless we seek it. In magick, this inner self is called the "true will." Your true will is the center of consciousness and identity...it is the "real you."

Everything else is a link to our true will from the outer, illusionary world. Because that interface is based on our model, it is conditioned and might sometimes produce false information.

"Do what thou wilt" (Crowley) is an axiom of magick, for the true will expresses our exact desires, so what we truly want down deep, we tend to automatically get. However, this isn't always in our best interests since the true will can be tricked by the illusion, so we might desire and obtain that which is not ultimately good for us. (Karma)

The task of the magician is to awaken his awareness of the true will, get free from conditioning, and transcend maya. ("My will unconditional is magical." Austin Spare)

Happiness is Being Happy

There's no great secret way to change behavior or habits since it is only a matter of determination. This requires you to ignore the "pull" of the model when you strive for changes within yourself. Remember that the model is only a collection of "habits," some of which need to be unlearned for permanent change to occur.

There are two methods to implement this—directly through willpower and awareness alone, observing and acting out in an unattached or indifferent manner—and indirectly through conditioning such as affirmations, self-hypnosis, and magick. Meditation might help also by relaxing tensions and easing conflict.

Emotions follow physical expression and body movements. Smile and act happy, and you will tend to feel and BE happy. Emotions can be purposely programmed to replace other emotions. Using this technique, a magician learns how to turn his emotion on and off at will, like an actor. This is not "faking" it...the magician is most likely more in touch with his true feelings than most people.

For these reasons, we say that happiness is being happy. Abraham Lincoln summed it up this way: "Most people are about as happy as they make up their mind to be."

Systems of Magick

Magick always involves self-hypnosis but is more than that because there are also objective forces involved. Deities, spirits, and cosmic force can have an independent existence. The repetitive physical movement sometimes involved in rituals can generate PK force. On the other hand, it could be argued that all of this is subjective to the magician. Perhaps all magical effects could be produced through hypnosis alone. Great complexity is not necessary in magick.

In modern context, although magick is a medieval system of symbolism, any cosmological system will work...from Kabbalah to Star Wars. We usually use the medieval method in magick because it is convenient and traditional and seems to fit our thought processes well. What really matters is that the model of the magician be understood and programmed and that the model and the system correspond.

Magick 3—the Four Worlds

The ancients described man as mind, body, and soul. Twentieth century psychologists added the subconscious to this definition, which produced a four-fold classification. The Universe is also divided into our corresponding “worlds.”

Spiritual World...Spiritual body (soul or kia), intuition
Mental World...Mental body (conscious mind) rational thought
Astral World...Astral body (subconscious mind) emotions
Physical World...Physical body, physical senses

The astral body or subconscious is the intermediary for intuition and magical and psychic phenomena and is the psychic link to the physical world. Most occult and magical phenomena originate in the invisible, non-sensate, non-physical realm (without physical senses). Each of the four worlds interacts with the other worlds.

Psychic energy flows from the spiritual to mental to astral to physical, so the physical world is a projection, manifestation, reflection, or shadow of the higher worlds. Our center of consciousness is generally within these higher worlds. To quote the rock music group The Police, “We are spirits in the material world.”

Many similar terms are used by occult groups, such as “astral light” instead of astral world. This might sometimes also refer to the entire non-physical realm, as may “inner planes” or the “invisible world.” Planes are essentially the same as worlds, and vehicles or sheaths are the same as bodies.

Some groups include an etheric or vital body between the physical and astral...mostly physical with a little of the lower “astral.” Sometimes astral and metal are each divided into two parts...upper and lower, with the “casual body” being the upper mental.

Microcosm and Macrocosm

The terms microcosm and macrocosm are an important part of traditional occult philosophy. Known as the “macrocosm,” the greater Universe includes everything that exists and corresponds with the “microcosm,” the tiny Universe—man, who is thought of as a miniature replica of the whole Universe.

This magical relationship is referred to in the Bible (Genesis 1.27), where God is the macrocosm, and in the writings of Trismegistus...as above so below. Since man is in the image of God (Universe), it follows that God is in the image of man. In other words, man and the Universe match each other.

As a microcosm, the magician is thus connected with the macrocosm, so there is an intimate relationship of energies between you and everything else. The Universe is reflected within us, and we are projected into the Universe. This is an important theory behind magick and astrology.

White and Black Magick

Personal magick is used to affect the self, often involving affirmation, self-suggestion, and self-hypnosis. Active magick is outer-directed, as in PK, used to affect someone or thing or to bring about an event. Passive magick is to be affected, as in ESP, by an outside non-physical cause.

Everyone possesses some magical and/or psychic potential although some are especially gifted. Normally, people are better at one type of magick...active or passive...than they are at the other. Only rarely does an individual excel with both types.

Training and being proactive will improve your ability somewhat, so it's possible for most anyone to become a magician. It's inherent in all of us, but needs to be developed within.

Although the forces of magick are neutral, various systems might take on the qualities of good and evil depending on...how the forces are implemented...and, of course, what the intent of the magician might be.

There are white or good magick, black or evil magick, and gray magick, which falls between the good and bad. White magic is used for unselfish purposes such as healing or mental influence with specific permission. Black magick is used for self-interest and "healing" without specific permission.

Of course, this could also be used with the intent of harming the person, such as a spell against an ex-lover or an abusive employer, to name a few. (I know you're thinking of some right now!)

In a sense, using magick to forcefully control another's will is black magick. (Do you really want to damage your karma just to get that raise you want?) That kind of thought would definitely be black magick simply because it is definitely self-interest and involves material gain.

Lest we not forget those who are on the occult fringe who claim to be, or possibly even think they are, Satanists, devil worshippers, or black magicians. Usually they are attracted by the art of doing something against the rules and are usually charlatans, hoaxers, dabblers, or merely misinformed.

Then again, a real black magician is extremely dangerous because he has dedicated his life to evil. They are involved in scary rituals that often consist of human or animal sacrifices, risky unconventional magic, and other bizarre methods that could be in nightmares, and are deadly serious about Satan worshipping.

All magick is a matter of degree. Most mild self-interest magick...which is the most common...would be called "gray." An easier way to explain this is that constructive magic is being beneficial, and

aversive magick is intended to work against the natural order and to tear down.

There is also the “high magick” of spiritual alchemy or spiritual growth...also known as the “Great Work.” Conversely, there is “low magick,” which is concerned with materialistic goals.

Keep in mind that any magick act is likely to produce side effects regardless of whether or not the desired result is achieved. Constructive magick’s side effects are no problem because they are beneficial. However, aversive magick can produce side effects that might even harm the magician. So...aversive magick is dangerous!

Magick is a Continuous Process

Since your subconscious never rests, your environment is always being shifted into line with your model whether you study magick or not. These effects are usually subtle, so most people are probably not even aware of them.

This changes as you work with the occult...the flow of psychic energy enhances your awareness. Your true will is strongly expressed, which might affect your luck...either in a positive or a negative way. Keep in mind that our lives tend to follow what we want “deep down.” This is why a positive outlook is so tremendously beneficial.

Your Magical Diaries

Keep a diary of your magical experiments and research that includes the date and some astrological data, such as the position and sign of the moon, and any other information that you think might have a relationship to what you’re doing. Then record your important dreams in a diary since they can tell you a great deal about yourself. Dreams have been used for centuries to reveal premonitions and past lives.

Everyone dreams although many people deny this fact. That's only because they can't remember them! The best way is to keep your eyes closed when first awakening, and then recall your dream. As soon as you open your eyes, most of the memories of last night's dream will disappear. Try this experiment...you will be amazed!

Dreams are personal, and there's always an underlying reason for your dream. You can learn how to interpret your dreams, so don't fall for the commercial "dream book" gimmick!

Affirmations

The mind is always open to suggestion—especially the subconscious. Most of the time we censor any suggestions because of our model, but one way to break through that censor is with repetition. An affirmation does just that.

An affirmation is any positive statement that is capable of affecting your model. It's best to state to yourself, aloud or silently, a statement such as, "I remember my dreams." The fun part is that you can design your own affirmations to change or develop anything in your life. Importantly...state your affirmation in the present tense, what you want like you already have it...such as, "I earn six figures," or "I'm thin and trim."

Caution: Do *not* use negative words in affirmations. This is because the subconscious will ignore them. So, don't say, "I do not eat chocolate" because it will be interpreted as "I eat chocolate."

Just remember to repeat your chosen affirmations several times every day at different times, especially when you go to bed. This will bring about subtle changes and might require a few months to work. Use them for changes...not miracles.

A simple magical technique is a variation of affirmations you may wish to attempt. To help you achieve your goal (magical or otherwise), find a word or short phrase that sums up what you want to accomplish and write this word or phrase down 10 times each day until you achieve success.

A Simple Banishing Technique

Banishing with visualization is used in magick to “clear the air” of negative “vibes” and interference. Visualization is another important method used to influence the subconscious. A good example of this is the simple banishing technique that follows:

Visualize a strong white light flowing out the top of your head, flowing down around you and covering you. At the same time imagine you are throwing away any “problem” vibes. Maintain this visualization for 30 seconds or longer. This is a great method you can use to handle your emotions and to control worry or anger.

Elements and Forces

The ancients divided the world into four basic principles or “elements”—earth, water, fire, and air. This viewpoint has changed with the advances of science, but the four elements are still accepted in magick, for they are more closely linked with the emotions than modern explanations of the world. Many occultists think of the magical elements as forces or as “qualities” of energy within the astral world.

Each element has a color...

- Earth—brown and green
- Water—blue
- Fire—red
- Air—yellow

Each element has a symbol...

- Fire—a triangle pointing up
- Air—a triangle pointing up with horizontal line through the middle
- Water—a triangle pointing down
- Earth—a triangle pointing down with horizontal line through the middle

Magick sees relationships or correspondences between things. Although these “correspondences” are not literally equal to one another, they can be thought of that way such as gold equals sun. Tables of these relationships are called “Correspondence Tables” and are available. An important one is Crowley’s 777. Thus one thing or symbol can be used to suggest another.

This is important in magic because the magician is able to surround himself with as many appropriate correspondences as he can to vividly affect the senses...so his magical contact with the inner planes are more lucid.

The magical elements have correspondences with the tarot cards as the four suits. The four quarters—directions of the Universe as used in magick rituals—and the Archangels also correspond with these elements.

<u>Element</u>	<u>Suit</u>	<u>Quarter</u>	<u>Archangel</u>
Earth	Pentacles	North	Uriel
Water	Cups	West	Gabriel
Fire	Wands	South	Michael
Air	Swords	East	Raphael

The eastern Tattvic system uses different symbols and colors. The elements are often used in magick rituals

Elementals

The magical elements are believed to be peopled by spirits and mythological entities called elementals or nature spirits. They are grouped into four main categories, matched to the elements—Gnome (earth), Undine (water), Salamander (fire), and Sylph (air). Elementals consist of dwarfs, elves, brownies, hobgoblins, leprechauns, harpies, nymphs, tritons, mermaids, mermen, sirens, jinns (genies), fairies, and storm angels.

Elementals are normally only visible to clairvoyants and are more likely to be seen at night in the mountains or country away from cities—

especially if you are tired or sleepy. Although elementals exist naturally, it's also possible to create one that will exist for a limited time since no elemental is immortal. A created elemental is called an "artificial elemental."

Ancients believed that elementals were the physical explanation of the Universe. Contemporary occultists feel they are only symbols for forces and not "real" at all. Medieval witchcraft sometimes used the word "familiar" for elemental. The term is ambiguous, as it might merely be an ordinary household pet such as a dog or cat.

Ying and Yang

Chinese philosophy and acupuncture is based on yin and yang, the idea of polarity or opposite pairs, as follows:

<u>Yin</u>	<u>Yang</u>
Water	Fire
Contraction	Expansion
Cold	Hot
Feminine	Masculine
Moon	Sun
Negative	Positive
Passive	Active
Ebb	Flow
Wane	Wax

This is by no means a comprehensive list since in Chinese literature, it is extensive. Some occultists suggest everything can be similarly arranged into related opposite pairs.

The Seven Chakras

According to East Indian philosophy, we possess seven major “chakras” or psychic centers on our bodies. Each chakra forms a bridge, link, or energy transformer that changes pure or higher energy into various forms and connects the four bodies, physical, mental, spiritual, and astral, together.

Chakras are located along a network of psychic nerves or channels called nadies and follow the autonomic nervous system along the spinal cord. Major points along the governing vessel meridian--an acupuncture term--correlate with the chakras.

The seven major chakras are connected together by three major nadies that are parallel and near each other. Sushumna is the middle nadi and has neutral characteristics. Ida is on the left nearest your left hand and has yin characteristics, while pingala is nearest your right hand and has yang qualities.

Clairvoyants see chakras as variously colored rotating circles or funnels although in the East they are described as petaled flowers or lotuses. The various sources disagree on the colors.

The fascinating descriptions and locations of the chakras are as follows:

Located at the base of the spine at the perineum is the root chakra called muladhara. This first chakra primarily relates to the element of earth and to psychic smell.

Known as the sacral center, svadhisthana, the second chakra is located above and behind the genitals. Its dominant element is water and is related to psychic taste.

The solar plexus chakra, manipura, is located at the naval and corresponds with the emotions and the element of fire and psychic sight or clairvoyance.

The fourth chakra, the heart or anahata, is located over the heart and corresponds with the element of air and with psych.

The fifth chakra, vishuddha, is located at the base of the throat or the thyroid and corresponds with psychic hearing or clairaudience.

The remaining two chakras are possibly the most important because they relate mostly to elevated states of consciousness. The frontal chakra, aina, is more commonly known as the “third eye” and is located between and slightly above the eyebrows. Aina is the center of psychic powers and can produce numerous psychic effects. Meditation on aina is said to cure nervousness.

The crown chakra or sahasrara is located atop the head on the pineal gland and is referred to as the thousand-petal lotus. This seventh chakra corresponds with astral projection and enlightenment.

There are many minor chakras throughout the body, and each has a sound (letter) and a pitch that is sometimes used to invoke it.

The Tattvas

Some occultists describe the magical elements as tattvas according to the Eastern system. These symbols and colors are generally different than the western symbols and colors.

<u>Element</u>	<u>Tattva</u>	<u>Tattvac Symbol</u>
Earth	Prithivi	Yellow square
Water	Apas	Silver crescent
Fire	Tejas	Red triangle
Air	Vayu	Blue circle
Spirit	Akasa	Black oval

Yoga

Yoga is a physical or mental discipline designed to condition and invigorate the mind and body. Originating in India, there are many kinds of yoga but can generally be divided into three main groups...

Hatha yoga affects the mind through the body using physical exercises to improve physical health and endurance.

Raja yoga affects the mind through mental training to improve concentration and focus.

Mantra yoga affects the mind through chanting and affirmations to achieve relaxation.

Meditation

Meditation is a highly touted area of the occult with various techniques and numerous claims regarding its benefits. Primarily, meditation has two functions...relation and/or improved concentration. These two main types consist of concentration or focusing and insight or mindfulness.

Most of today's meditation is concentrative...a form of self-hypnosis...where one simply focuses his attention on a single physical object...such as...

- A candle flame
- A sensation like while walking or breathing
- An emotion such as reverence or love
- A mantra spoken aloud or silently
- A visualization, as in chakra meditation

A mantra is one or more words or syllables that are repeated or actually often chanted aloud. One of the most powerful mantras is to vibrate the mystical word “OM,” which has long been associated in India with the godhead/unity.

You can use this to aid in tuning into the universal vibrations that promote feelings of harmony, peace, and well-being. Use it before a magick ritual to “get in the mood” and then afterward to “dismiss the forces.”

Vibrate a mantra by saying it slowly aloud in a constant lower-pitched voice than your normal speech, and let the sound fade at the end of the mantra. The powerful “OM” will seem to vibrate the air around you and should be vocalized for 5-10 seconds and repeated a number of times, resting a few seconds between each vocalization. Beware that the chanting of mantras might cause dizziness from hyperventilation!

Insight meditation is the analysis of thoughts and feelings to cause realization of the subjectivity and illusion of experience. Done in an effort to attain transcendental awareness, Buddhist meditations are usually this type, where statements such as “This body is not me” would be heard.

Health and Diet

The way you treat your physical body affects your mind, and you want an alert mind in magick. Keep your body healthy by exercising regularly, eating a good diet, taking vitamin supplements...and do not consume anything that will have a negative effect on your mind.

Drugs, smoking, and alcohol should be restricted, even eliminated. Remember ...your mind can create any condition that a drug can create. A good rule to follow is moderation in what and how much you consume, such as cutting down on sugar and processed foods. This stuff is all pretty obvious...I’m sure you’ve most likely heard it before!

Many occultists advise dietary changes, especially eliminating meat from your menu. What can’t be denied is the physical, psychological, and

spiritual effects all food has, which might be described as the “heaviness” factor of foods. The various foods are ranked lighter to heavier...

1. Lettuce and other greens
2. Fruits and most vegetables
3. Wheat, rice, and other grains
4. Nuts, beans, and other legumes
5. Cheese, eggs, and other dairy products
6. Fish (all seafood)
7. Chicken and all other poultry
8. Beef, all other red meats, and pork

Note that meats, especially red meats, are the “heaviest” food! That’s because foods that are harder to digest and are higher in protein are “heavier” than those which are not. Simply stated...animal products are heavier than plants. Foods high in carbs, such as candy, bread, starchy items...are heavy. This “heaviness” has nothing to do with the amount of calories in the particular food.

Bottom line is that the heaviness of food in your diet will affect your magical experiences. You can increase your psychic receptivity, or “energy level,” by eating lighter foods or by just plain eating less.

Conversely...heavy foods or eating larger helpings might help to “bring you down to earth” in case you “rent the veil” a little too much. Keep in mind that these are all generalizations, and it most likely will take a number of days of dietary change before you notice much effect.

Note: I do not advocate radical dietary changes, excessive fasting, or malnutrition. In magick, your good health is far more important than any temporary effect you would get from prolonged starvation. Remember that a change in diet will sometimes only produce a temporary effect until the physical body adapts to the change.

Psychic Divination

Although there are numerous techniques used for divination, astrology, tarot cards, the I Ching, and direct psychic means such as clairvoyance, are the primary methods. True divination is much more than a mechanical system since it implies true psychic interpretation or receiving. Magick rituals to communicate with the entity involve some form of divination.

Since divination operates through the mind, it is affected and biased by the mind, so our attitudes and/or fears may alter it. This is one reason it is somewhat difficult to read your own tarot cards since you are most likely not being objective.

Sometimes results of divination are very detailed and accurate but certainly not always. Remember that the future is plastic and changeable, so the use of magick might alter the result. Most importantly, remember that any divination shows tendencies only that might be helpful, but must not rule you.

How to Develop Clairvoyance

We all possess the natural ability of clairvoyance...and it's definitely possible to improve your talent through practice. Do this...look around you, then close your eyes and picture your surroundings. Open your eyes and check your accuracy...then close your eyes and attempt it again. This is also a good exercise for visualization.

When you use your physical eyes, look at everything like a child seeing it for the first time. Feel the vividness of color and form burn into

you, until everything takes on a genuine glow. Capture that glow when you close your eyes and picture your surroundings.

This might seem silly, but it's just a simple step to extend what you see with your eyes closed into what you remember seeing in the next room ...or what you imagine seeing in the next building ...or the next city ...or even the other side of the world.

When you first do this "exercise," don't expect perfect results...only attempt to be partly right. You can also picture a clock face and practice telling the time clairvoyantly.

Don't be discouraged if your results aren't as you expected. Keep in mind that the known psychics in the world practiced. I don't believe they just woke up one day and thought, "Wow...I'm a psychic"!

Understanding the Mysterious Auras

Auras are colored lights surrounding every one of us. Under the right conditions, it's possible for clairvoyants to see these lights. Many occultists claim to be able to see the aura easily under varied conditions, but I seriously doubt this claim.

I believe that what you think you are "seeing" you are actually "feeling." Besides...there are optical illusions and qualities of sight that can sometimes trick one into thinking he sees what he does not see. So, the quality of sight known as after image is especially pertinent.

Try this experiment...stare at any solidly colored bright object for a few moments. Intense red, green, or blue are especially good for this. Now look away and focus on a white surface, and you'll see a phantom image of the object in its complementary color. A red object will show green, a blue will show orange, etc. If the bright object is in front of a light surface, you might observe a fringe of complementary color around the object after a few moments.

This is all very normal and used by some magical groups as an aid to visualization sometimes called “flashing colors.” This explains the fact that some silly people will stare at other people in the same way...and when they see the after image of the person’s clothing, they think they are seeing their aura.

Sometimes auras are multi-colored emanations built up of various, differently-colored layers and zones. Various meanings have been attributed to the colors of the aura, so a psychic who can see the aura is supposed be able to determine that person’s emotional state. Because of this...psychic “frauds” have a marvelous time with auras!

The following aura colors and meanings are based mostly on theosophical material, although various groups attribute different meanings to the colors. These colors are emotional in nature and useful if you plan to create an artificial elemental or do a healing. Surrounding yourself with a particular color will produce the specific psychological effect described in the chart.

RED AURA ... Pertains to the physical body, heart, or circulation, probably because of the relation to the color of blood. The densest color, it creates the most friction which can attract or repel. Also indicates money worries or obsessions; anger or unforgiving nature; anxiety or nervousness.

Deep Red: Grounded, realistic, active, strong will-power, survival-oriented.

Muddied red: Anger or repelling nature

Clear red: Powerful, energetic, competitive, sexual, and passionate
(Strong)

Pink-bright and light: Loving, tender, sensitive, sensual, artistic, affection, purity, compassion; new or revived romantic relationship. This aura can indicate clairaudience.

Dark and murky pink: An immature and/or dishonest nature

Orange-Red: Confidence and creative power

In a good, bright and pure state, red energy can serve as a healthy ego.

ORANGE AURA...Relates to reproductive organs and emotions and is the color of vitality, vigor, good health, and excitement. Indicates lots of energy and stamina, being creative, productive, adventurous, and courageous, with an outgoing social nature. Could also currently be experiencing stress related to appetites and addictions.

Orange-Yellow: Creative, intelligent, detail-oriented, perfectionist, and scientific.

YELLOW AURA...Relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence, and action shared, creative, playful, optimistic, easy-going.

Light or pale yellow: Emerging psychic and spiritual awareness; optimism and hopefulness; positive excitement about new ideas.

Bright lemon-yellow: Struggling to maintain power and control in a personal or business relationship; fear of losing control, prestige, respect, and/or power.

Clear gold metallic, shiny and bright: Indicates spiritual energy and power activated and awakened; an inspired person.

Dark brownish yellow or gold: This points to a student or one who is straining at studying...becoming overly analytical to the point of feeling fatigued or stressed, or trying to make up for "lost time" by learning everything all at once.

GREEN AURA...Relates to the heart and lungs. It is a very comfortable, healthy color of nature. When seen in the aura, this usually represents growth and balance, and most of all, something that leads to change. There is a love of people, animals, and nature; a teacher or social human

Bright emerald green: A healer and a love-centered person

Yellow-Green: Creative with heart and communicative

Dark or muddy forest green: Jealousy and resentment, feels like a victim of the world

Turquoise: Relates to the immune system. Sensitive, compassionate, healer, therapist

BLUE AURA...Relates to the throat and thyroid. Is cool, calm, and collected. Caring, loving, sensitive, intuitive, and loves to help others

Soft blue: Peacefulness, clarity and communication; truthful; intuitive

Bright royal blue: Clairvoyant; highly spiritual nature; generous; on the right path; new opportunities are coming

Dark or muddy blue: Fear of the future; fear of self-expression; and fear of facing or speaking the truth

INDIGO AURA...Relates to the third eye, visual and pituitary gland. Intuitive, sensitive, and deep feeling

VIOLET AURA...Relates to the crown, pineal gland, and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura and reveals psychic power of attunement with self. Intuitive, visionary, futuristic, idealistic, artistic, magical.

LAVENDER AURA...Imagination, visionary, a daydream

SILVER AURA...This is the color of abundance, both spiritual and physical. Lots of bright silver can reflect to plenty of money and/or awakening of the cosmic mind.

Bright metallic silver: Receptive to new ideas; intuitive; nurturing

Dark and muddy gray: Warning! Residue of fear is accumulating in the body, with a potential for health problems, especially if gray clusters seen in specific areas of the body

GOLD AURA...The color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker.

BLACK AURA...Draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term unforgiving

nature toward others collected in a specific area of the body, which can lead to health problems. Could indicate past life hurts and unreleased grief from abortions if it appears in the ovaries

WHITE AURA...Reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, ethereal, and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities.

If white sparkles or flashes of white light appear, angels are nearby, or can indicate that the person is pregnant or will be soon

EARTH AURA...Soil, wood, mineral, and plant. These colors display a love of the Earth, of being grounded, and is seen in those who live and work outdoors....construction, farming, etc. These colors are important and are a good sign.

RAINBOWS...Rainbow-colored stripes, sticking out like sunbeams from the hand, head or body indicate a Reiki healer or a star person...someone who is in the first incarnation on Earth!

PASTEL...A sensitive blend of light and color, more so than basic colors. Shows sensitivity and a need for serenity.

DIRTY BROWN OVER...Holding on to energies. Insecurity.

DIRTY GRAY OVER...Blocking energies. Guardedness

Thought-Forms and Spirits

Thought-forms occur when we draw psychic energy together. The energy will dissipate as soon as we break concentration...but it is possible to purposely concentrate energy this way. These thought-forms are vortexes or centers of psychic energy and can exist as entities by themselves. Basically, these are inanimate, non-thinking forces, so talking to one is as logical as talking to a chair. Therefore, thought-forms are similar to elementals, ghosts, and spirits.

These entities consist of a psychic energy vortex described as a localized field or as a discontinuity of the physical world. Since psychic entities respond to certain electrostatic and magnetic fields and to other energy vortexes, they respond to magick rituals. In the future, we might be able to accomplish the same thing with electronic machines. Keep in mind that psychic entities are sometimes able to affect our thought processes.

If thought-forms, elementals, and ghosts display any intelligence at all, it is limited since they are usually not very smart. In fact, they are the morons of the spirit world! Their behavior is typically automatic, repetitive, and robot-like (just like some people)... So, artificial elementals are little more than astral robots. Spirits and deities are more intelligent and volitional.

Directed Attention

Since your mind follows your attention, wherever you direct your attention, your thoughts will follow. You can focus mental energy on a specific place or purpose by directing your attention.

To understand this concept, imagine you're having lunch in a large, crowded restaurant. Everyone is talking at once, so there is a constant jumble of noise. You happen to notice a man across the room because he reminds you of someone. Suddenly, he drops his fork and you hear it hit the table.

Do you think you would have noticed the sound of his fork if you had not been looking? Probably not! You were able to pick out that individual event and associated sound only because you were focusing your attention there.

Now, on to explain this concept further...

You are walking on a dark night, and the only light you have is from the flashlight you are holding in your hand. As you move the flashlight around, the beam of light from it directs your attention first one way, then another.

Realize that the mind is somewhat like that flashlight in the dark, so by directed attention, you point the mind to one place of another. Just like the flashlight beam, you see where the mind is pointed and nothing more. The rest is “noise”. That’s why mental noise is anything not focused upon. This “noise” could be considered as negative emotions, attitudes, and thoughts, thereby making it more difficult to direct the attention.

Your emotions follow your thoughts, but they are not YOU. Instead they are reactions prompted by your model and ego—like a performance or an act—while the real YOU watches. In a similar way, directing your attention toward a specific emotion will cause you to experience that emotion. Basically, you really do become what you think about!

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