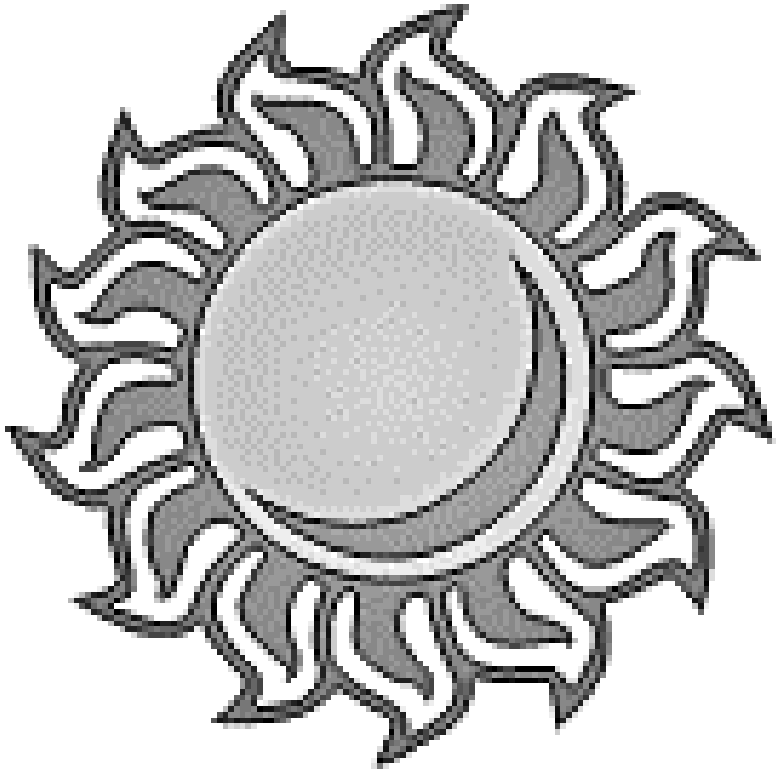


The Secret to All Magick



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Adept of the Magical Order of the Peacock

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Preface

This work is produced as a compliment to Rob's Magick Blog located at robjo@wordpress.com. Readers with questions are encouraged to post in the blog's comment section where open discussions will be held.

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This work constitutes a true initiatory system of magick. As such none of the information contained within is original. Truth is, it is not created nor can it be owned.

This system was developed through teachings I have received from others, personal experience, and channeled information.

Introduction

Do you want to channel information, see dead things, develop your psychic awareness, develop your psionic abilities, divine the future, understand the universe, astral project, read others, make contact with the divine, manipulate your chi, or figure out how to make your spells really work? All of these abilities are, to an extent, unique and may need some individual time to adequately develop. But broken down, each of these abilities has one singular starting point that first has to be mastered before any real work can be done, and it is the mastery of this one point that will separate the true practitioner from those that simply wish they were natural psychics.

It should be understood that the methods employed herein are dangerous, primarily to the practitioner. Those utilizing these methods may end up harmed, dead, destroyed, corrupted, or insane. But it should also be mentioned that for those able to complete the system, the rewards are well worth the risks. Magick is not something intended for the meek and fearful. The only way to see real results is to jump in and complete various trails by fire. The problem being that you may end up as ash.

It should also be understood that what is being offered is a door that only opens one way. Once a person ventures too far down this path, there is no way backward, only forward.

And lastly, this system is designed for consenting adults making an informed decision to further their own spiritual paths through these methods. The inclusion of minors in ones own work, or the use of this work by minors in any way, is highly discouraged and can result

in the irreparable harm and endangerment of a minor, and in some cases may be viewed as child abuse. This work does not take into account the practitioner who has minor children, and such a practitioner will need to rework the system in order to protect their children.

But for those who are fearless, adventurous, and feel a need to discover the truth, there is fun to be had here.

Section I: The Core of Things

The Secret to All Magick

The Core of Things

Whatever you want to do in magick, everything comes down to a few simple axioms and one single ability.

Most abilities are dependent upon energy manipulation. Seeing an astral body involves taking in a portion of its energy and forming a picture of it in your mind then placing it back into the world. Tapping an entity involves taking some of its energy into you to determine its nature. Shielding involves putting out energy to deflect things. I could go on.

But before a practitioner can manipulate energy, they have to be open to it. This is the secret to all magickal power. The practitioner uses themselves, both their physical body and their spiritual body, as a conduit for various energies to pass through. With this method not only is the practitioner able to gain insight and information through direct usage (via channeling, tapping entities, contacting the divine), but the practitioner is also able to change and manipulate the energy. And it's not just letting the energy into oneself, its also being able to push it out of oneself. The same basics involved in preparing to take in energy work with pushing out energy.

The Secret to All Magick

Section II: Theoretical Magick

The Secret to All Magick

Part 1: Some Truths

Axiom 1: The individuality paradox

In order for everything else to work, we have to take two contradictory statements and know that both are absolute truths. This isn't a trick of semantics, and it isn't something you can just learn and then move on. You have to actually know that both statements are true. And they both are true. The universe is filled with little puzzles like this, where two contradictory things both exist as truth. Sometimes it's just a lack of a complete understanding that makes the statements seem contradictory. In any case, enlightenment is sometimes dependent on believing two completely contradictory things are true.

Statement 1: We are all individuals.

Everything in the universe is an individual thing and separate from everything else in this universe. You, me, a disincarnate spirit, this planet, the sun, a diety, a rock. Each of us is ourselves and not everything else.

Too many people take the next statement as truth but forget about this first one. Failure to recognize individuality ultimately castrates the practitioner. It limits his own power to effect change in the universe, it inhibits his own personal growth, and it results in some philosophies that are unpractical, imbalanced, and/or personally harmful.

Statement 2: We are all connected, and individuality is an illusion.

Everything and everyone in the universe joins into one whole. You, me, a disincarnate spirit, this planet, the sun, a diety, a rock. We create barriers and walls to

disconnect ourselves from everything else, and this in turn creates our individuality and self. It's what makes us us and not a part of everything else.

Magick meanwhile is the art of causing change unto the universe in accordance with will (usually through supernatural means). There are mundane means of causing change in the universe, but typically when one talks about magick they refer to supernatural, not mundane means, although this isn't always the case.

How does one go about causing change? The secret lies in the fact that we are all connected, that we are, in a sense, part of a greater whole and each part can effect every other part. It's through these connections that all magick becomes possible, and in order to effectively use magick we must learn how to remove the illusions which we cast that separate us and leave us disconnected from other parts of the universe.

Axiom 2: Space is an illusion, for the most part

Space only sort of exists. What we scientifically categorize as space and distance is overly complicated and causes us to enact limitations on ourselves which the universe does not. In some ways, all things exist in the same place and there is no distance between them. Everything in the universe is near enough that you could touch it right now if you knew how. Every location is less than a step away if you know how to get there.

But that isn't to say that space is entirely illusion. It does effect us. The most obvious effect it has on us is within the physical world. No matter how much you free your mind, your body isn't going to be burning in the center of the sun because you completely dismiss the idea of distance. It effects us metaphysically too. When an entity is near us we can easily tap it, converse with it, attack it, or any number of other things. This same process is much more difficult when the entity is in a far

away location, or an unknown location. In the same way a location can be gotten to in an astral form in the same manner as a physical form (in other words walking) without requiring any extra mental effort to connect to it.

But outside of the difference between what can and can't be seen, distance doesn't matter in regard to a single dimension. On the astral, all other things being equal, it will be as difficult for you to teleport into a house a few blocks away from your own as it would be to teleport into a location on the other side of the world. It would be just as difficult to converse with an entity less than a mile away as it would be to converse with one fifty miles away. Distance doesn't matter.

When we start moving up and down the planes, things become more complex. It's harder to converse with something that exists in a world on another plane, and harder still to converse with one that is higher or lower, let alone do anything else with it. There are also limitations on accessing other places and moving through planes which limit us.

Axiom 3: Ideas are tied and symbols can effect the physical world.

Ideas are tied together and a symbolic action can have an effect on the physical world. This is a basic axiom in working with ceremonial magick, that a symbolic action can act as what it symbolizes. Once we get to the practical side of thing, it'll become clear why this axiom is so important.

Part II: Links and Anchors

In dealing with magick there are two very important concepts that have to be learned. Links and anchors. It's actually one concept, because links and anchors are pretty much the same thing. The term link is more often used when dealing with a person, where as anchor typically refers to a place or object. Likewise link is more often used when a practitioner is attempting to somehow act upon a person or object (such as talking to it, attacking it, ect.), where as anchor is used when the person or object is used as a means for a practitioner to reach a point.

Links are the connections between two people or things. As discussed above, everything is inherently linked to everything else. Although as we'll discuss in the next section, many of these links are blocked off. And most of these links are also very weak.

These links are typically strengthened through relationships and positive emotions. If you love someone, you'll strengthen your link to them. The link will become even stronger if the feelings are reciprocated. The strength of the link would be based on a few different factors including the strength of the emotions, time spent together, and possibly past lives.

Links can also be formed through negative emotions like hatred, although this occurs less often and the links tend to be weaker in these instances.

Absence can weaken links, although it is always easier to repair a link that was once strong than it is to strengthen the link initially.

A practiced practitioner is able to create links, strengthen them, and close them off as a matter of pure will independent of emotion or their natural occurrences. For the beginning practitioner, pure intent and focus on an individual is enough to create and strengthen a link and ignoring and forgetting about the individual is enough to weaken it. As the practitioner grows, however, they will be able to see and manipulate the links themselves.

Links can also be jumped. If a practitioner links into an individual they then have access to every link that the individual has formed. For instance if I were to link into you, I could then jump link into your spouse, or your mother, or your best friend. I could even jump from there, going from your best friend to their spouse. However every time a link is jumped the link itself becomes weaker, eventually making it impossible to link jump any further out.

People also tend to link into objects. Objects that are very personal, beloved, and well used can all have very strong links. The same is sometimes true for objects created by an individual. Also certain objects, like clothes, can carry very strong links. Clothes tend to be very close and attached to the person, they follow them around, and they tend to get bodily fluids and dead skin in them. As one would guess, unwashed clothes are better for linking purposes.

This is the basis for types of magick where an item that belongs to the victim is used to cast a spell on them or otherwise effect them.

Everything that is true for links involving people are true for links involving objects. Those links can be jumped, and they can be strengthened and weakened by an experienced practitioner. Also all of the same principles involved with links work with channeling.

Anchors operate under all of the same principles as links. As mentioned earlier, an anchor is actually just a link. Anchor's tend not to be the target, but rather a means of getting to the target.

Anchors come up most often with astral projection. An astral body can move via teleportation. This is a trick of concentration, focus, and will that takes the person where they want to go instantly. If something can be seen, it can be teleported to. If a person isn't picky, they can usually manage to teleport to a general type of place. But a problem occurs when a person tries to teleport to a specific place they can't see. Most practitioners are so strongly connected to certain places that they can travel there easily. Typically this includes places they've lived, worked, and anywhere else where they may have spent a huge chunk of their life. It is possible to travel to a specific place even if it's only been visited one time, although this can be very difficult. And it's nearly impossible to get to a specific place without having ever been there. The solution to this problem is an anchor.

An anchor is anything that a practitioner has a strong link to. In an astral form, the practitioner can use this link in order to travel to whatever is being linked to, generally a person, object, or place. This person, object, or place acts as an Anchor for the practitioner.

Sometimes the place itself is its own anchor. Places are the hardest thing to connect into, but the connection we have to some places is so strong that they can be reached without any other type of anchor. And people end up being the easiest thing to use as an anchor, usually because the strongest connections we make are to people. If I want to go to a place I've never been to

before, and my girlfriend is already there, I can very easily travel to that place by traveling to her.

Although anchors are usually associated with astral projection, they can be utilized for any kind of long distance magick. If, for instance, a close friend of mine was attending a ritual at an unknown location this weekend, I could use him as an anchor in order to effect that ritual any way I wanted to.

Part III: Shielding

Shielding is the exact opposite of linking. Whereas links connect things together, shields separate them. There are two kinds of shields, external and internal. External shields are utilized to keep things from connecting into the individual and are a common form of magickal defense. Internal shields are used to keep things inside an individual and in magick typically just hinder the practitioner.

In any instance the door does swing both ways, and so all shields are by their nature both external and internal to some degree. What keeps things out also keeps things in.

Shielding is usually one of the first skills that a beginning practitioner is supposed to learn. Almost all people shield naturally and unconsciously so it's a fairly easy trick to perform. It's also considered one of the most basic and fundamental forms of magickal defense. And it is probably the most common hindrance among beginning practitioners.

When people talk about shielding, they're usually talking about external shields. A shield is a barrier composed of energy that extends out from a person. Most shields are a few inches to about a foot off of the person, and they tend to be a bland, misshapen, barrier of energy. Typically they will absorb or deflect other energy along with preventing linking. Some mundanes are aware of their shields, at least to a degree, and some may become very apprehensive when someone physically breaches their shield (thus is born the idea of personal space).

With practice though a lot more can be done with a shield. It can be made skin tight or can extend outward

several feet. It can be given a more pretty or threatening shape. It can be made stronger or weaker. It can be used offensively in several different ways. It can have very simple or complicated filters put on it. And there are of course other uses.

Internal shields are a bit different. These shields are normally used to either hide something or to prevent a person from making an outside connection. Many times these shields are so developed that a person is not only shielding some internal part of themselves from the outside world, but they're shielding it from their own selves and are completely unaware of its existence. Other times the person is well aware of what they're hiding and keeping bottled up. Most of the time these shields develop due to psychological issues or poor self-awareness, and they can be very difficult to identify and overcome. Internal shields serve the same basic purpose as external shields, to protect the person they belong to.

The protections afforded by internal shields are almost always psychologically unhealthy, and there are very few other uses for them. Among experienced practitioners, anything that can be done utilizing internal shields can be done better with some other method.

As we stated in the beginning, shields usually hinder beginning practitioners. Where strengthening a shield is usually one of the first things taught, destroying one's shield should be taught instead. Until one is able to operate without any shields and take down their shields at will, no real utilization of connections can take place.

But shields are a very basic and instinctive form of self protection. There are some methods that can be used in place of a shield (such as putting a barrier around an area and then remaining within it), but these methods

must also be discarded. And this is one of the big reasons why the methods describe herein are dangerous. The practitioner must willingly leave themselves completely vulnerable and shun any form of defense. Offensive measures are the only protective measures that should be taken, at least until the practitioner has grown enough to again relearn other defensive measures.

As dangerous as these methods may be, they also tend to create more powerful practitioners who are better able to defend themselves. No shield is impervious and most are easily broken once a few simple tricks are learned. The same goes for any kind of barrier or ward. A practitioner's shield may even be used as a means to attack those who cannot remove them. Although these tools can aid a practitioner, one also needs to be capable of operating without them.

Section III: Practical Magick

Part 1: The Wind Chime Parallel

The first goal within the system has already been made clear. We need to remove all shields from ourselves. Secondly we need to completely open ourselves up to connections. Unfortunately this can be a very difficult process, even for one who is practiced in putting up and pulling down shields. Our thought processes, even our subconscious thoughts, create shields. In order to completely remove our shields and open ourselves up to connections we need to change not only how we act, but also how we think. Although true power would lie in achieving the absolute, having no shielding at all and complete connectivity, this goal may be very difficult to achieve. Luckily a person will see results long before reaching this point, but a practitioner should be aware that even after some results have been achieved there are still greater heights to be reached by continued use of these methods.

One way in which to gauge success is through the wind chime parallel. The common wind chime is a spherical device with several holes that allow wind to freely pass through it. Our goal is to become like the wind chime where emotion, thought, and energy can pass straight through us unabated. This means allowing everything to freely move in and freely move out. Even after partial success the practitioner will feel this process happening. The process can't be adequately described, except to say the practitioner will literally feel like the wind chime through which the wind is blowing, and this is all together a very pleasant and peaceful experience.

Even on a very base level, achievement here directly results in huge strides forward in regards to a practitioner's personal growth mentally, emotionally, and magickally.

Part II: Introspection

Gnothi Seauton

Know Thyself (Inscribed over Apollo's oracle at Delphi)

The sun is the great revealer. It casts light upon the world and exposes. It is the exact opposite of its counterpart the moon which conceals and hides. Where as the moon may be a symbol of the greater mysteries, the sun is the symbol of the greater truths. This is the partial symbolism of the sun and the moon in astrology and this is the partial symbolism of the sun and the moon in tarot. And so it makes sense that an inscription assigned to a Greek sun-associated god would concern truth and revealing something that is hidden.

I'd like to say that introspection is the first thing we must do, because that's easy enough to write. But it isn't the first thing we must do. These exercises don't have an order. If you don't complete the introspection portion you're going to come up against a wall when you attempt the later exercises. But until you complete those exercises, there's a good chance that you won't be able to complete the introspection exercise fully, and in any case you shouldn't abstain from beginning a later exercise because you haven't fully completed an earlier exercise. The best approach is to perform these exercises concurrently.

So instead I'll just open with introspection is vitally important to the process. On the surface introspection seems like an incredibly easy task. It's just an inner analysis of the person we know better than anyone else. But this illusion of ease will be the largest obstacle for most people in completing this section. True self-reflection requires a person to be completely and brutally honest with themselves. Everything needs to be

looked at and analyzed, conclusions about oneself need to be made, and nothing can be suppressed. Very few people are ever this honest with themselves.

When a person engages in self-reflection, it's important that they take time to list all of their weaknesses, that they own up to every selfish and horrible thing they've done, and that they honestly assess their feelings about it. The process becomes worthless if this is not done completely. Meanwhile a person who is ignorant of their weaknesses can never improve upon them, a person who will not admit to their true reason for having done something obviously feels guilty about the action but can never correct this deficiency in themselves or seek penance for the action itself.

Justification is one of the biggest hurdles in this process. It's easy enough for a person to try to justify any action they have or have not done. It's important that the practitioner not fall into this same trap and not look to justify their actions. A practitioner's actions simply are, and they should be a true reflection of self, and so they need no justification. Justification will only fog reality and hide the true nature of the practitioner.

If, for instance, you haven't given any money to charity recently, or ever, it's easy enough to say that you haven't had enough time to get around to doing it, or that you really can't afford it right now. But if you look at your schedule, is it so tight that you couldn't find time during some day to do this? If you look at your finances, aren't there, at the very least, some luxuries you could've done without? If the truth is that you like your money, that you worked hard to earn it, and you feel you have the right to enjoy it without having to give some of it away, that's fine, but you need to admit it to yourself.

In the same way if you walk past a man who is assaulting a woman and ignore the situation, it's easy enough to try to convince yourself that you weren't sure what was really going on or that it's not something you should be involved in. But if the real reason is that you were unable to overcome a fear of confrontation, or that you didn't want to be annoyed by having to deal with the aftermath of getting involved, then you need to admit it to yourself.

That isn't to say that a person should be completely content with what they are, just that they should own up to it. If a person doesn't own up to their own shortcomings, they'll never improve on them. Too often a person will come up with the ideal person they would like to be, and then they try to convince themselves they are this person, and ultimately they fall for the illusion and never become this person. When a person admits to what they are they can then work towards moving themselves in the direction of their ideal and become the type of person they wish they were.

Notes: On the Suppression of Emotion

When doing self-reflection exercises, it's important to refrain from suppressing any emotions. All emotions need to be acknowledged and allowed to flow freely in order for them to be properly analyzed. It's common to take certain emotions that we feel are morally wrong or which we feel may cause us problems and not even acknowledge that they exist. Commonly these are feelings of love, lust, hatred, anger, and violence. Self-honesty is essential to this process.

Methods of Introspection

There isn't a single method of introspection that will work for everybody. Each individual will gain the best results from different methods. For some it's enough to relax and sit quietly thinking. Others may find it useful

to keep personal journals. Some may find it easiest while talking to another person, but this should be avoided. The addition of another person may ultimately inhibit the practitioner in some areas. At the same time, the practitioner needs to be able to do their work without dependence on another party.

Part III: Mental & Emotional Exposure

Next we want to expose ourselves mentally and emotionally. This means being honest with other people. It means telling other people what we're thinking and what we think about them. It means being completely open about how we feel. And it means allowing ourselves to act on our emotions instead of restraining them.

It should be noted that acting on our emotions doesn't mean doing whatever we think we feel like doing, be that running through the streets naked or killing a man. Anyone wishing to actually use this system and see results needs to have a bit of common sense as a prerequisite. But if we love someone, we definitely should tell them. And if we're angry with someone, we shouldn't restrain ourselves from yelling at them. And if you find you can't stop picturing someone naked while talking to them, try working it into the conversation.

Our goal should be to move with the current of our emotions, and not against them. We need to be able to express ourselves fully and completely without inhibition.

It's understandable that, early on, a practitioner may feel scared or anxious about being so open. In some extreme cases the practitioner may even find that they seem to become physically incapable of expressing themselves to another when they try to. Meanwhile some will find it very easy to do. Difficulty will vary between practitioners as some people are just generally more open than others.

In any case, such feelings and inhibitions need to be overcome (not suppressed, but overcome). The practitioner should feel perfectly at ease as they tell

someone what they think and how they feel. Ultimately being open about ones feelings shouldn't be a source of stress for the practitioner. Although early on there may be a need to force oneself into emotionally exposing oneself, even to fight against oneself in order to do it, eventually this should become a normal state of being for the practitioner. Emotions and thoughts should just flow outward without being forced, and they should flow outward at a constant with the practitioner exposing themselves in this way at all times with all people.

Part IV: Physical Exposure

Physical exposure is exactly what it sounds like. It's the most difficult technique to effectively practice because it is not only generally frowned upon by most people, but it's also illegal in many situations. Not to mention that sometimes its just way too cold.

The practitioner should take every available opportunity to be nude. Whenever there isn't a legal issue, and children aren't present, and there isn't company that would be offended, and environmental conditions permit, the practitioner shouldn't be wearing clothes.

The philosophy differs from nudism or naturalism. Nudism tries to suppress any sexual element inherent in nudity. However the goal with our system is exactly the opposite of suppression. Ideally practitioners shouldn't try to hide sexual arousal ore refuse to acknowledge sexual thoughts that may occur. Instead they should be open about their sexual desires.

The purposes of nudity are also different from most established forms of spiritual nudity, or practicing skyclad. Most likely, a higher being doesn't need you to be naked, and if they do you should wait for them to tell you directly. The idea that equality is somehow gained via nudity is an illusion. Under normal conditions energy can pass through clothes just fine. It's not made of matter and can therefor pass through matter.

For our purposes, nudity is a very literal way of exposing ourselves. It allows us to open up to another person in new ways and it eliminates some of the shields we have surrounding ourselves. Nudity is also, for most people, associated with an intimate connection and through nudity we are able to connect with another person on a very intimate level.

This idea of physical exposure can be taken to even further extremes should the practitioner choose by openly engaging in both sexual and non-sexual acts which are typically done privately with observers present or even participating. This is frowned upon to an even greater degree and is extremely difficult to engage in except inside of isolated groups where such behavior is encouraged. There are also numerous other reasons why a practitioner would not wish to engage in such acts which have no bearing on the system whatsoever. For most such extremes won't be necessary and this is something that needs to be dealt with by the individual on an individual basis. However those most opposed to going to these extremes are probably the people who would benefit the most from it, and the practitioner needs to honestly assess themselves to determine if their reluctance is based on a valid reason or if it is a means to shield and hide an aspect of themselves from others.

As the term suggests, in order for a practitioner to physically expose themselves others need to be present. It's best that the practitioner not limit themselves to only those people they already feel comfortable exposing themselves to. It's one thing to be naked with a sexual partner. Another thing to be naked with a friend. And another thing to be naked with a stranger. Likewise it's one thing to be naked in front of someone of the same gender, and another thing to be naked in front of someone of the opposite gender.

Ideally this exercise works best when everyone is naked. In the same way that links on the emotional side are strengthened via reciprocation, the links achieved on the physical side are strengthened through reciprocation. The system is far more effective when the practitioner is naked with another naked individual than when the practitioner is the only naked individual.

Although best in a group, solitary nudity is also important for the practitioner, and much easier to perform and more socially acceptable. While alone and indoors, there usually aren't reasons why the practitioner needs to wear clothes. The same relationship between introspection and emotional and mental exposure exists between solitary nudity and physical exposure.

In the beginning, it's perfectly normal for a practitioner to feel anxious, nervous, excited, scared, or sexually excited by the idea of being naked around other individuals. All of these feelings should be acknowledged and dealt with. But the practitioner's ultimate goal is to be calm and perfectly comfortable in nothing but their skin. Feelings of nervousness and anxiety need to eventually be overcome (not suppressed, but overcome), and as long as these feelings persist the practitioner is subconsciously shielding to some degree.

Part V: Reasons for Exposure

Exposure serves the same double purpose both emotionally and physically. On one side we eliminate shields which inhibit us magickally and spiritually. On the other side we create connections, which strengthen us magickally and spiritually. After some practice, the practitioner learns how to control these things without employing the above methods. The practitioner will learn how to pull down their shields when they need to, and from there the converse, putting up ones shields, is easy enough to figure out. In the same way the practitioner will learn how to make connections and connect into other people and things, and likewise the converse, severing those connections, is easy enough to figure out.

When we expose ourselves to others, when we allow them to see us for what we really are, comfortably; completely; and unashamed, without hiding any part of ourselves, we eliminate some of the shields we keep up. And it isn't enough just to do this with certain people. If we are only ever completely open with our significant other, and only allow our significant other to see us naked, or if we reserve these privileges to only a small group of close friends, then we are still shielding to some degree. Only when the practitioner is completely exposed physically and emotionally without prejudice to the observer can all of the shields be eliminated.

Likewise when we open ourselves up to others, when we allow them access to us, we create and strengthen our links. Unlike shields though, links are not just dependent on the practitioner, but also on what the practitioner is connecting into. The other party has the ability to connect into us, to open themselves up to us, and to sever their links to us.

A practitioner shouldn't abandon these techniques just because they've already seen results. There is some danger of the practitioner moving backwards if they abandon the techniques too early on, but after a sufficient mastery of the skills have been obtained a skilled practitioner should be able to maintain themselves even without the techniques.

There are always going to be higher levels of attainment for a practitioner. Simply seeing results through these methods, or even a mastery of this entire system, does not encompass everything the system has to offer. Practitioners that continue to use the system even after seeing results, even after mastering shielding and linking, will only find that the system has even more to offer them beyond these basics.

Sometimes though the practitioner isn't going to want to be so open. There are times when a practitioner isn't going to want to connect into something, and there are times when shields can be useful. But a practitioner shouldn't be reliant upon uncontrolled subconscious defense mechanisms. Rather a practitioner; even completely exposed mentally, emotionally, and physically; should be able to sever links and put up shields simply by willing it to be so.

Section IV: Advanced Techniques

This section contains advanced techniques. These techniques require some mastery over section III in order to be used effectively.

Part I: Energy Manipulation Exercises

Forming Energy

Find that part of your chest where you feel emotion. The part of you that feels happy, or sad, or angry, or falls in love. Find that, and make sure there's an emotion there, doesn't matter what it is. Concentrate on that area, and that emotion, and have it grow and extend outward. Picture it like a big ball of plasma and envision the ball growing larger and larger and more wildly. See how big you can make it and how much of your body that emotion can encompass. Every part of your body that ball touches will feel that emotion.

If you can get it over every part of your body, envision the ball as a fountain instead, constantly gushing forth energy, and imagine the energy reaching the ends of your body and then gushing outward.

If you can manage to make the energy gush out of you, then try to see if you can make it small again. Imagine the ball getting smaller, until it's only inside of your chest. Be careful when doing this that the intensity doesn't increase. If that's the case, you're not making the ball smaller, you're making it denser and moving energy instead of changing its size.

Moving Energy

Get back where we started with the energy only in your chest. Now visualize that little plasma ball of energy moving out of your chest and into your right shoulder. When done correctly, you should feel the energy from your chest, and the emotion attached to it, move from your chest to your shoulder. Next move the energy into your arm, then down your arm past your wrist to the palm of you hand, and then to your finger tips. Now

move it out of your finger tips back into your hand, then back into your arm, into your shoulder, and into your chest. When you've done this successfully, repeat the process starting with your left shoulder.

Now try moving the energy through your entire body. Into your stomach, your legs, your head, ect. You should be able to move the energy into every part of you.

Once you're able to make the energy grow and shrink, and make it move through you, work on making it do these things faster. Eventually you should be able to make the energy grow, shrink, and move instantaneously with very little effort.

Stone Pulling

Find some stones. Generally you want solid stones and a variety is better for these exercises. Landscaping stones generally don't work too well. Most occult/wiccan/magick stores carry a selection of various stones, mostly polished, that don't cost very much. A half dozen different stones will be more than enough for our exercises.

Take one of the stones in your hand and close your fist around it. Now imagine the energy in the stone moving outward into your hand. If you have trouble with this, it may help to move energy into your hand and imagine it as a tendril accessing the stone and pulling some energy out. When successful, you should feel a different and distinct energy come out of the rock and enter you. Once inside you, you should be able to move this energy as if it were your own.

Now push the energy back through your hand and back into the stone. You should feel the energy leave you as it enters the stone.

Now pull the energy back out and move it into your other hand and push it out of that hand and into the air.

Now find the energy in your chest again, and push it through your arm again all the way into the palm of your hand. Now push the energy into the stone and charge it with your own energy. Now pull your energy out of the stone again and back into you.

Now charging the stone you were using before, hold the stone in the palm of your hand and imagine all the energy poofing out of it into a cloud and entering the air before dissipating. The stone should now have very little energy in it. This is the most difficult of all of these tricks, so it may take a lot of practice to get this one. This is a simple method of cleansing an object.

Converting Energy

Take a fresh stone and pull the energy inside you. Hold the energy in your arm. Make a note of how the energy feels and try to describe it as best you can. Now, still holding that energy inside you, find the point in your chest again. Now make the energy in your chest exactly like the energy in the stone.

After you've succeeded, repeat the exercise with a new stone. Then, without touching the first stone, change the energy in your arm and your chest to that of the first stone. Now see if you can change your energy back to what it was before you touched any of the stones.

Part II: Basic Channeling

Open Channeling

First relax yourself completely. For most people, it'll help to lay flat on their backs on a comfortable bed and comfortably dressed if not undressed. The main goal is to be relaxed, comfortable, and free of distraction. It may help to turn off the light. The beginner may also find they have more success when they're tired or close to their usual bed time.

Now close your eyes and take down all of your shields. Imagine your head opening itself up and leaving itself that way. Imagine your head and brain being like the wind chime. Allow the energy around you to pass through your head and mind. Force it through if you need to.

You're now open to a channel, and you can be contacted. Information will typically be related either through auditory or visual means. You may hear a voice talking directly to you, or you may see pictures of things. Of course right now you're just open to channeling. Something has to choose to speak to you in order to actually channel.

If you're not having any success with an open channel, you can try asking a question. Think of something you want to know. Now take that thought and think it as loud as you can. Imagine that thought moving outward from you and into the universe. Even ask it out loud, it may help.

If something hears the thought, it may decide to answer. However the practitioner is still dependent upon something else deciding to talk in order to channel.

ReChanneling

Rechanneling involves finding someone else's channel and opening it up for yourself. While reading a channeled work, you can pull energy out of it in the same way energy is pulled out of a stone in Part I. When you do this, you're connecting into the channel the original practitioner used. Now with the techniques described in 'Open Channeling' you should be able to talk to the entity.

Sometimes you won't even have to pull the energy out of the work, or do anything at all. Simply reading the work can be enough to get the energy in or around you, and simply not having any shields up and being open to a connection can be enough to initiate the channel.

ReChanneling is something that should be approached with caution, especially by a beginning practitioner. Entities that are involved with channeled works are more likely to be stronger and more likely to have some agenda of their own. Once the channel is initiated the entity becomes aware of the practitioner and now has a link to them. The entity may outright attack the practitioner, or they may work on corrupting them or otherwise using them to their own end. Simply ending the channeling session at this point isn't enough since the link has now been established.

Directed Channelling

Directed channeling is attempting to initiate contact with a specific entity. Rechanneling is a form of directed channeling, although a directed channel can be directed at anything. Of course if a strong link to an individual or entity has already been established, a channel can easily be opened through it.

If a strong link isn't present though, the practitioner has to force one into being. Sometimes anchoring can be used if it's a physical person or a dead person, or if it's an entity that for some reason has an attachment to a physical object. But even this is only sometimes an option.

A representation can be used for forced channeling. Directing energy or a thought at a statue or painting or symbol or an alter of something can form a link to it. These things can even be created in ones head via meditation and then used for a link. The most difficult method is simply directing the thought towards the person or entity and hoping it gets there. From there it's just a matter of being open, as per the techniques described in 'Open Channeling', so that the practitioner is receptive to whatever comes back.

Whatever method is being used though, success is still dependent on what the practitioner is attempting to channel. The individual or entity on the other side may be so shielded that they never even receive the channel in the first place, or they may receive the channel and just ignore it.

Channel Yank

One of the dangers of working with channeling is getting channel yanked. One second you'll be channeling, and then the next you'll be forced from your body to god knows where. You may end up just viewing something remotely. Or you may find yourself on another planet in another dimension. You may end up possessing someone else and in full control of their body, or you may just end up in their body without any control.

All I can really say is this shit happens, and if you continue to channel sooner or later it'll happen to you. The energy manipulation techniques of Part I can be

fine tuned into offensive attacks, and energy manipulation is connected to your spiritual body, not your physical body, so you aren't completely defenseless in this state. Even if you're stuck in a body you can't physically move, you can still operate metaphysically.

As for getting back, don't worry about it. Channel yanks aren't permanent things, and eventually you automatically come back to your body. Typically channel yanks tend to be over fairly quickly. Something may intentionally use a yank in order to show you something that has to be experienced to really be known, but most of the time they're just a random side effect.

