

Class 11 – Hand Magic

Covered in this Class

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2. Self- Defense
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1. Preparation for this Class

- *Video Clip:* Building Fire Balls. Increasing Candle Aura

2. Self Defense

As magicians, it's important to study the area of self-defense carefully since we have considerable power and force. The inappropriate use of that power and force can cause Universal backlash. We must be especially careful to control our tempers and not use our abilities reactively. According to Western magical practice, "You have a right to be here and follow your own path so long as you hinder no one else in doing likewise." This foundational principle asserts our right to exist and follow our own path and by extension, our right to defend ourselves against those who might seek to prevent us from walking our path.

As you grow in magical ability, you will inevitably attract beings on different levels that seek to interfere with your path in some way. Writer Clarissa Estes, author of *Women Who Run With the Wolves*, so accurately states, "If you have beauty in your life, know that it will attract the dark as well as the light. Don't be surprised. Be prepared."

Here's a good rule of thumb to use when it comes to self-defense: "In cases of direct and violent personal harm you are entitled to defend yourself by any means available, provided you did nothing to encourage or provoke the attack." Let's break that rule down into its component parts to study it in greater detail.

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1. *Direct*: Upon your body, mind or spirit. A direct threat in a spiritual, magical and shamanic context includes attempts by any outside force or influence to drain your energy or impose their will upon you.
2. *Violent*: Anything that's damaging to your physical, mental, emotional or spiritual well being. It doesn't matter what the attacker's intentions are, or whether he or she "means" to harm you. Remember, Rules of the Road states that the Universe does not care what a person intends to do, only what a person actually does.
3. *Encourage*: Creating or permitting unnecessary opportunities for a known hostile being to attack you.
4. *Provoke*: Being excessively pushy when you know someone has a sore spot or is under a lot of internal or external stress.
5. *By Any Means Available*: Using any means you choose to defend yourself when attacked. As long as the other parts of the above self-defense rule are met, the Universe does not care whether your response is excessive.

In many spiritual systems, it is actually considered a crime to not defend yourself appropriately. In doing so, you are enabling the perpetrator to NOT learn spiritually appropriate behavior; therefore, prolonging his or her lack of growth. In general, any infringement on your sacred psychic or emotional space gives you the right to defend yourself.

For example, a person keeps trying to get you into some kind of psychic game even though you say you're not interested, if they push the issue, you can send them a flame box to get them to back off. Or, if someone is trying to hypnotize you or use you as a channel without your permission, you can take whatever means necessary to get that person to stop.

CAUTION: When we first begin studying magic, we usually experience an abrupt "jump" in our awareness and sensitivity to the energies in our environment. During this period of adjustment to our new skills in perception we can easily misinterpret increased sensitivity as being under attack. When exploring the area of self-defense, especially early in your magical studies, err on the side of caution. If you are unsure as to whether you are under direct and violent personal attack, don't react in self-defense until you are certain. You may want to check with your teacher or mentor about this until you develop a feel for the difference between increased awareness and personal attack.

NOTE: If you take someone down using the self-defense techniques, you are not obligated under Rules of the Road to call an ambulance or summon help. If you do decide to summon help, do not try to explain what happened. You might instead say something like, "I don't know what happened. This person had some sort of seizure, maybe they're on drugs."

3. Self Defense Techniques

There are 5 different techniques you can use for self-defense. These techniques may be used separately or in combination. The techniques are listed below, along with a brief description of their usage. Further details on each technique are given in later sections.

- *Rooting and Grounding*: Pulling and grounding out excess noise, aggression, anger or general fire energies that are in your space, caused by one or more people, no matter where the people are.
- *Hand Lightning*: Throwing energy bolts to stop someone who has invaded or is about to invade your sacred space. For preventing or stopping an attack. The person must be within line-of-sight.
- *Lightning Rod*: Sending back an attacker's energy or boosting your own energy.
- *Fireballs*: Self-defense, and for lighting and warming a dark or cold room.
- *Fireball Messages*: Sending messages that pack a punch!

4. Rooting and Grounding

Use rooting and grounding to pull excess fire energy, such as noise, aggression, anger or anxiety from your environment or people in your environment. The rooting technique is the same that you learned in Class 9 – Earth and applied to your environment rather than yourself. The grounding technique is the same as the direct flow fire technique you learned in Class 5 - Fire 2. In both rooting and grounding, you are using yourself as a channel to pull excess fire energy and flow it into either the earth or an electrical ground.

Rooting

1. Locate the color, from your environment, that you want to pull as a reference (it's handy to carry the small set of color chips available from the school store with you for times like this). Use yellow orange for noise or anxiety, and red orange for anger or aggression. Sometimes the air color, white, is also useful for reducing noise in your environment if people are talking excessively.
2. Sit or stand in a stable position, since you don't want to pull your roots up quickly.
3. Extend your roots down into the earth from as many parts of your body as possible or convenient, since the more roots you can put down, the more

energy you will be able to ground out. Remember to extend your roots through anything between you and the bedrock of the earth, including lower floors of a building, carpet or foundation. You can use your feet, hands, base of the spine or any other joint. Whichever part of the body you extend roots from should be in contact with the ground. Keep your input hand available for pulling the excess energy.

4. Using your color source as a reference, pull the excess energies in through your input hand, flow it through your body and down through your roots into the earth. You might need to switch between different color bands to completely drain the excess energy.
5. Keep pulling until the noise, anger, anxiety or aggression subsides. This should take only a minute or two since most people find it difficult to sustain high levels of energy once you start flowing it into a ground.

Grounding

1. Locate the color you want to pull.
2. Locate an electrical ground such as an electrical outlet, light switch or even a sink (since water pipes run far into the earth).
3. Put your output hand or a foot on the ground if possible. If not, extend your output hand casually toward the ground, making sure that no one is between you and the ground.
4. Pull the excess energies in through your input and hand, through your body, and out of your output hand into the ground. You may have to keep switching color bands to pull all the excess energy. If you are pulling white, ground the excess energies into a corner of the room.
5. Keep pulling until the noise, anger, anxiety or aggression subsides. This should take only a minute or two since most people find it difficult to sustain high levels of energy once you start flowing it into a ground.

5. Hand Lightning

Use hand lightning to throw energy bolts at someone who is attacking or about to attack you. Hand lightning is the same as the direct flow fire technique taught in Class 5, Fire 2. When used in self-defense, the energy bolts are directed at specific areas of the body to achieve specific results. The person at whom you're throwing the energy bolt must be within your line-of-sight, and you must make sure that no one else is between you and the attacker (remember Rules of the Road). Improve your skills by throwing lightning bolts at candle flames as described in Class 5. Hand lightning is effective for distances up to 2 or 3 city blocks against attackers. Here's how to use hand lightning:

1. Extend your output arm out, to the side, from your shoulder and bend it 45 to 90 degrees at the elbow. When you point your arm straight, your elbow is not bent, it's 0 degrees. When your elbow is bent so that your hand and forearm point to the ceiling, your elbow is bent at 90 degrees. A 45-degree bend is halfway between the two.
2. With your input arm, pull in the desired color (see the next section for the appropriate colors to use) being sure to use a color source.
3. Gather and store the energy in your elbow, not letting the energy flow into your output hand.
4. When ready, snap your output arm straight with the index finger or index and second fingers pointed at the target, the rest of your fingers curled into your palm. Quickly discharge all the energy stored in your elbow. Keep your palm turned down or facing out in front of you.
5. Direct your attack at any of the following target areas, depending on the effect you want to achieve.
 - Front of Body: Third eye, heart, solar plexus, navel
 - Back of Body: Medulla oblongata (back of the neck, just under skull), vision center (middle of skull), autonomic nerve center (heart area), kidney area

Element Effects on Target Areas

- Air – Use white or clear. Sky blue is not very effective. Targeting the head produces extreme spaciness. Air does not have much effect on any of the other target areas.
- Fire – Use any of the flame bands. Targeting the head, heart, solar plexus, navel or autonomic nerve center causes seizures or neural burn out. Targeting the kidney area produces severe kidney pain, back pain or even lower back paralysis.
- Water – Use water blue. Targeting the head or heart produces spirit-body separation, unconsciousness or a heart explosion. Water does not produce much effect on other target areas.
- Earth – Use earth brown. Targeting the head, heart or lungs can stun the spirit, produce blood clots, stop the heart or create a temporary smothering effect. Earth energies do not affect other target areas much.

NOTE: You can sometimes use hand lightning to give someone a quick boost of energy in an emergency. Be very careful to control the amount of energy you flow (less is better than more) and avoid the dangerous target spots mentioned above. Do not attempt this until you have a lot of control with hand lightning.

6. Lightning Rods

Use lightning rods to send back an attacker's energy or to boost your own energy.

To Send Back an Attacker's Energy

If someone attacks you bodily or grabs you, use his or her own energy against them. Use your body as a lightning rod to pull and store their energy, then deliver it back to them in a single blast to a target area. Using the lightning rod can be lethal so be sure you are on the right side of the Rules of the Road.

1. If someone grabs you or attacks you, don't resist. Simply go limp so you don't waste your own force.
2. Pull the other person's energy into your body as fast as you can. He or she will generally be radiating flame band colors, and while flowing so much energy you won't have to pull very hard. You don't need to look at a color source for this – the energy will be obvious. When you pull as fast as your attacker is radiating energy you will quickly deplete their energy supply.
3. Store the energy you pull in your own body. You can also add your own energy to it, such as your anger, rage, pain or fear.
4. Keep pulling until your attacker relaxes or goes limp, then flow all the stored up energy into your output hand.
5. Deliver the energy back to the person by tapping one or two fingers of your output hand on their forehead, between the eyes, on the throat or over the heart while simultaneously flowing all the stored energy out your fingers. This amount of energy delivered to such a targeted area can be lethal.

To Quickly Boost Your Own Energy

To quickly boost your own energy for self-defense, simply pull in fire energies (from an angry crowd, for instance) and store it up rather than going to ground or pushing it out through your roots.

7. Fireballs

At some point you've probably seen magicians in movies throwing fireballs around. In this section you will learn how to construct, use and properly dispose of fireballs. Up to this point in the course you've been handling energy using energy boxes. The box form is inherently stable and will break up even if you fail to dispose of it properly. Fireballs, however, are self-cohesive and will exist indefinitely if they are not used or disposed of properly. Fireballs also deliver more effect than boxes and are useful for self-defense and sending messages.

Even though these ball forms are named fireballs, you can create fireballs out of any element. You can use fireballs for the same purposes you used boxes, the programming methods are the same. For instance, you can use fireballs to send healing energies to someone, provided you have their permission (permission is not needed with sun yellow). Note that fireballs pack more energy, so be extra careful in what you do with them in healing work. Until you are sure of a person's exact condition and have their permission, send only sun yellow balls. Energetically, the same conditions exist when making balls and boxes (earth brown, for instance, is difficult to flow without water whether you are building a box or a ball). There are three methods for constructing fireballs.

Snowball Method

1. Choose the type of energy you want to put into your fireball (by element and color) and find a source for that particular energy. Stand so that you can pull the energy in through your shoulders from behind you.
2. Hold your hands in front of you 5 to 6 inches apart, with the palms facing each other and fingers slightly curled, thumbs touching each other (as if you were holding a small ball).
3. Pull the energy from the source in through your shoulders from behind, and down each arm.
4. Push the energy from your left arm out through your left palm, into the center of the ball shape.
5. Push the energy from your right arm out through your right thumb, into your left thumb, then out of your left palm. Directing the energy this way sets up a clockwise spin in the ball, which is what makes the ball self-sustaining. Keep the energy flowing until you feel a springy pressure or sensation against your palms, much as you did with the boxes.
6. At this point, you have a self-contained ball. You can then use it as you would any box, or use it in self-defense against an attacker.

Clapping Method

1. Choose the type of energy you want to put into your fireball (by element and color) and find a source for that particular energy. Stand so that you can pull the energy in through your shoulders from behind you.
2. Hold your hands wide apart with your palms and fingers curled, as if to clap or catch a ball.
3. Pull the energy from the source in through your shoulders from behind, and down each arm and out your hands.
4. Once you have established a flow of energy from the source, bring your cupped hands together forcefully, stopping as soon as your fingertips

touch each other. This motion compresses the energy flowing from your hands into a ball shape. Do not collapse the palms or fingers, but maintain a cupped position, as if you were holding a small ball.

5. Spin the resulting energy ball clockwise by moving your hands. Your hand movements should look as if you were shaping and packing a snowball.
6. Once your ball is spinning, you are ready to program it or throw it in self-defense.

Candle Flame Method

1. Light a taper candle (not a pillar candle) that is the color you want to work with. The candle may be solid in color or a white candle dipped in color.
2. Find the edges of the candle flame aura and cup your palms underneath it in preparation for lifting the aura off the flame.
3. Lift the aura off the flame by bringing your palms upwards, bringing the hands together cupped to slightly compact the ball of energy.
4. Spin and pack the ball, the same as with the clapping or snowball methods.
5. If you want a bigger fireball, drop it back onto the candle flame, bringing your hands abruptly outward and downward away from the flame as the ball drops back down onto the candle. You'll see the aura flare and grow larger. Repeat the process as many times as you need to get bigger fireballs, each time moving your hands farther and farther apart as you drop the ball back onto the flame. Spin the ball each time you pick it up.
6. Once you have the ball to the desired size, you are ready to program it for use.

Using the candle flame method, you can increase the light in a darkened room very quickly. Try this experiment at night: light a candle and try to read a book standing several feet away. Next, expand the aura multiple times, and keep trying to read the book each time you expand the aura. You'll find that you'll be able to read the book almost anywhere in a reasonably sized room after enlarging the candle flame several times. You can also expand the aura of a bright red candle flame in the same way to completely warm a cold room.

If you need to use the fireball as self-defense, use the clapping method for the speediest ball construction. Throw the ball at the target areas described in Section 5 for maximum effect. Your intention will help guide the ball to the target area. You can also add a short message such as "Drop 'em" if you like.

To dispose of fireballs, throw the ball at the appropriate ground for the element you are using (i.e., electrical ground for fire, the earth for water and earth). You

can also absorb the energy into your body and push it down through your roots, in which case you would be using your body as a lightning rod.

8. Fireball Messages

Sending messages with fireballs is virtually the same as sending messages with boxes except that fireball messages pack more of a punch, and the messages can be longer with fireballs. As with all messages, you might need to try different color bands to create the effect you want. Send sky blue messages to someone who has a lot of mental traffic. Use water blue to send messages that affect the subliminal or subconscious. Use a deeper blue to send compulsive messages, which are appropriate to use when collecting on a debt long past due or to get someone to return a stolen item. Use white to send messages to someone's conscious mind. You might also have to repeat the messages several times before the person will take action on it. Finally, try to send messages at the time of day when the other person will be most likely to hear it – during a quiet part of the day. To send a fireball message:

1. Construct the fireball using the appropriate color.
2. Put the person's face (or their name if you don't know what they look like) in the ball.
3. Put the message in the ball by speaking it or seeing it in electric white neon letters. The message can be longer than the messages used in message boxes.
4. Throw the ball and it will go to the person it's been programmed to seek out.

9. Exit Ritual

The Exit Ritual for this week is:

Sky Father and
Earth Mother
Walking in Harmony
I Greet You.

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