

## **Class 1 – Air 1**

### **Covered in This Class:**

1. Preparation for This Class
2. Additional Resources for This Class
3. Introduction to Magic
4. Rules of the Road
5. As Above, So Below
6. 4 Element System
7. Course Premise
8. Air Correspondences
9. Air Characteristics
10. Air Characteristic Questions
11. Exit Ritual

### **1. Preparation for This Class**

- *Video Clips:* Charging the Sun Candle, Exit Ritual
- See Introduction for Course Material section, which includes:
- Introduction to Magic from Church of Seven Arrows
    - Dedication
    - Into the Practitioner's Worlds
  - A Word on the "Inconvenience" Factor
  - A Word on Partners
  - Rules of the Road
  - Charging the Sun Candle
  - The Navajo Beauty Way
  - Optional: Carlos Castaneda's "*Fire From Within*"

### **2. Additional Resources for This Class**

- Dictionary: Look up any words you don't know in a good dictionary and take the first definition (in American English, new words are not added to the language so much as the meanings of existing words are changed, so to get the original meaning of a word, take the first definition).
- Class 1 Additional Resources Sheet: Comments on air correspondences and characteristics on page 17.

### **3. Introduction to Magic**

Charge the Sun candle.

#### Review of basics

- Introductions
- Review course requirements, rules of the class, including cost of class, materials and make-ups, and policy on missed classes, make-ups and homework.
- Hand out class list if applicable
- Responsibilities of the teacher
- Responsibilities of the student

#### What is magic? Magic is a precision science! It is also:

- The science of deliberate creation.
- The science of effective prayer.
- The science of manifesting Higher Will (God's Will) on the energetic and material planes.
- The science of heightened awareness, selective perception, and dynamic, harmonious relationships.
- The study of intention (as per Aleister Crowley, one of the greatest magicians).
- The system of creation, not coercion. Note: the word manipulation is often used in conjunction with magic, but manipulation simply means the use of the hands. It should be an "OK" word without a lot of charge, but currently it is used mostly to mean coercion. Look it up!

**Every intentional act is a magical act!** Magic gives us the ability to communicate with beings on all levels, and allows us to understand, through direct experience, the actual workings of the Universe.

### **MAGIC OVERVIEW**

- A. Magic is a precision science!
  1. Traditional path of spiritual growth.
  2. Necessary to effective religious practice.
- B. Basic - "As Above, So Below"
  1. Hermetic - physical to spiritual
  2. Mystic - spiritual to physical
- C. 4-Element System:
  1. Air - Fire - Water - Earth
  2. Correspondence: Something symbolizing, symbolized by, or relating to, but not part of, something else.
  3. Characteristic: An INHERENT attribute, or aspect of something. ("Quality," if you will.)

Magic is the traditional path of spiritual growth

Nothing that we study will be extraordinary knowledge. What we study is the “normal” way of life. We’ve just lost access to it. When you have this kind of knowledge in your understanding, you have the ability to resolve spiritual questions that otherwise become catechism. From a magician’s point of view, catechism is not acceptable, since a magician must experience and verify everything for him or herself. It avoids the trap of dogma. In past time, having a magical foundation was essential so that we could go and talk directly to God, the devil, etc.

Magic is necessary to effective religious practice

In religious practice, a priest is qualified to perform rituals, but not to create them. Only the magician has the ability to create because he has the tools of divination to test the rituals he creates.

**4. Rules of the Road**

Simply put, the Rules of the Road are the ethics of magical practice. They are in effect whether you know them, believe in them or agree with them.

The difference between morals, values, and Rules of the Road

Morals: What everyone accepts as lawfulness. Morals are cultural values that everyone agrees upon as right and wrong.

Ethics: Individual values, what you specifically accept as right and wrong.

Rules of the Road: Non-changing Operational Laws of the Universe. From the Universe’s point of view, morals and ethics don’t mean anything because they change all the time.

Two Major Rules:

1. Whatever is done to the environment or to other beings in the environment brings similar effects upon the doer.

This is often called the Law of Karma. The Universe doesn’t care why some action was taken, or whether the doer is trained in magic or aware of the Rules of the Road. Although many different teachers have stated this law in many different ways, including the Golden Rule, it is especially important for magicians. A magician’s acts are consciously and willfully directed, and are therefore more powerful than the acts of untrained or unfocused people. So the effect of this law in relation to a magician’s acts becomes much more powerful. This applies to both constructive and destructive acts.

*Note:* While many religious and other practices consider that Karma can carry from lifetime to lifetime, it is our experience that the

Universe operates under a system of “pay as you go.” In other words, the effect of any act upon the environment (or upon beings in the environment) comes back to you within a relatively short period of time – within hours to days.

2. The magician judges the “goodness” or “badness” of his or her own acts, whether they are conscious or unconscious acts, on the basis of what the Universe reflects back on him or her. The same is true of judging others, entire communities, states or nations.

On a practical level, one can judge one’s compliance with the Universe’s standards of right and wrong, or good and bad, in terms of one’s level of health, soundness of social relationships, luck with appliances, and sufficiency of food, clothing and shelter. If your “luck” seems consistently bad, then you’re probably acting contrary in some way to the Rules of the Road, regardless of what your intentions are.

#### Ethical Laws of the Rules of the Road

These ethical laws will give you a more detailed standard by which to measure your acts, or the acts of others, to determine whether they are in accordance with Rules of the Road. Judge any act of magic by these laws before doing it.

1. Do nothing that will harm another being unless you are willing to suffer like or greater harm. Note that what the Universe considers harm may be different from what our culture teaches as harm.
2. Don’t bind another being unless you are willing to be likewise bound. This applies to many love spells and some kinds of healing rituals.

This law is like the Prime Directive in Star Trek, which is a policy of non-interference unless one is asked to participate. For any magical act you perform on another being, you must get permission. You don’t need permission for any specific act, just permission to help. Remember, though, that the Universe will judge your act of magic by its results, whatever your intentions. So when applying healing or any magical techniques to others, make sure you understand the effect it will have before you do it. Even if you really meant to help but the result is poor, you will be judged on the result. So learn the appropriate methods for applying the techniques taught in this course.

3. Never use magic for show, pride, or vainglory. Using magic to show off, to prove a point, or from a place of injured pride usually results in side-bands (undesirable side effects) to the operation that will bring very undesirable backlash from the Universe.

Never let yourself be tested because most testing comes from the scientific model, which tends to deny anything until it’s proven. In the Bible, Jesus

- would not allow his abilities to be tested. Also, in being tested you could lose your own capability because being tested allows questions or doubts to creep into your consciousness.
4. Never set an extremely high price for the use of magic (especially divination, healing, or spells) based on your having special knowledge. In other words, never charge a very high price because you feel you are better than everyone as a result of your special training. However, with some operations that take significant man hours, such as divination, it appears by our observation to be appropriate to charge the same fee as any other professional might charge per hour in your local area. In other words, if you are in a town where lawyers are charging a high fee and can afford to pay you a high fee, then you can charge it. Use your own intuition for each situation.
  5. Don't use any special word, symbol, incantation, or spell unless you understand thoroughly and completely its mechanics, content, and intent! Be very wary of using other people's operations if you wish to avoid "frying" yourself, either figuratively or literally!
  6. Never do a spell without first doing a divination to determine a) if you should do it, and b) exactly what needs to be dealt with. Modern American social values and overt appearances of a situation are not trustworthy guides for a magician wishing to avoid bad karma. In other words, there may be hidden factors in the situation, which cause the doing of a spell to be against Rules of the Road.
  7. TAKE YOUR TIME, THINK IT THROUGH, AND DO IT RIGHT!

### **5. As Above, So Below**

- The laws that govern actuality on the physical plane are the same laws that govern the spiritual or psychic realms, hence As Above, So Below. The same is true of all things, including as inside, so outside. Tribal cultures and adepts of all ages realized that any effect created in psychic realms existed in physical realms. This law works in terms of likeness on different planes or levels of life. The study of homeopathy works the same way – by the "Law of Likes." If something looks or acts like a health condition, it will treat the condition. Another way to state the law is that any effect created on the psychic realms is also created in the physical realms. The Law of Contagion is an example of As Above, So Below: on any given level, what vibrates from one center to another (i.e. from one being to another, or from one spirit to another) will actually transmit the energy from one center to another. So once the energy transmits on the psychic level, it then descends into the physical level. This is how disease or sickness really occurs. It is not through the transmission of germs so

much as the transmission of the vibration of sickness on a psychic level (via awareness of or talking about sickness), which then descends to a physical level and produces physical sickness.

Because of the law of As Above, So Below, we get two basic ways of approach – the western vs. the eastern, or the occidental vs. the oriental, or the hermetic vs. the spiritual.

- Hermetic – Physical to Spiritual

The western approach is to study the physical world and its laws, and from these laws to deduce the operating spiritual laws of the Universe. This approach starts in the physical and reaches toward the spiritual. An example of this is alchemy, in which one might attempt to change lead to gold, which is analogous to the spiritual level, in which one tries to change one's vibration from low to high.

- Mystic – Spiritual to Physical

The eastern approach is to study and participate in the spiritual world to understand the physical world. The I-Ching always defines the broad picture first, and then goes down into the individual situation. In this approach, you see yourself as a part of all that is, not as separate from all that is. This approach starts on the universal level (for instance, “the darkening of the light”), and then moves to the personal level (for instance, “this person has a problem”). Chinese medicine also operates in this way – it says that the conditions inside of us are the same as the weather conditions outside of us. It doesn't separate the inside from the outside. This approach is a synthesizing approach rather than a dissecting approach. It sees the whole first in order to find the individual. In other words, it seeks godliness in the physical world.

## **6. The 4 Element System**

- Air – Fire – Water – Earth: The Universe is made up of these 4 elements, and everything in the Universe is some combination of these 4 elements.
- Correspondence: Something symbolizing, symbolized by, or relating to, but not part of something else. A symbol is not something that refers to something else, but actually accesses something else. A symbol is always a tool that we can use to access or “get to” something else. For example, our names are correspondences of ourselves, because someone calling our name accesses us.

- Characteristic: An inherent attribute or aspect or quality of something. A descriptor of something. For example, the color of my hair is one of my characteristics.

## 7. Course Premise

Why study magic? To know is to be informed and this course teaches us the Universal Laws and foundational building blocks of our Universe. Magic is a tool of intention, creation, and deliberate manifestation.

PREMISE: All topics and lessons within this course are just hypotheses to be verified by our experience. The course has a basic premise that we will attempt to verify. Because this course is the study of the 4 elements, we will attempt to verify this premise:

If the 4 elements be understood in terms of their characteristics and correspondences, along with their interactions, a person can understand anything he or she wishes, in or about our Universe.

## 8. Air Correspondences

### *AIR CORRESPONDENCES*

<u>Direction</u> :	East
<u>Tool</u> :	Wand
<u>Elemental Spirit</u> :	Sylph
<u>Part of Person</u> :	Mind, Mental Processes, Thought, and the Knowledge Part of Us
<u>Direction of View</u> :	Outward (Extrovert)
<u>Colors</u> :	Clear, White and Sky Blue (Powder Blue)
<u>Spiritual Aspect</u> :	Understanding or Enlightenment

Basic Proposition: If correspondences and characteristics of the elements, plus the behaviors of the elements relative to each other be understood, a person can understand ANYTHING in the universe, physical or spiritual, that he or she wants to.

Remember that a correspondence is something symbolizing, symbolized by, or relating to, but not part of something else.

AIR = Any gas or vapor

Direction - East, in this realm, the Sun rises in the east, all life begins in the East

Tool – Wand

Elemental Spirit – Sylphs are beings whose bodies are made entirely of air. The Winds are the actional beings and the Old Ones are the wisdom of the direction. The Elementals, Winds and Old Ones are the only ones that are made up of single elements rather than a combination of 2 or more. A sylph is a living being, pure air, 3 to 18 inches in height, twisty in shape, and can be seen in dust devils or swirling smoke from cigarettes. They are clumsy and curious like young kittens, and hang around people a lot. Watch for sylphs around light objects like tinsel on a Christmas tree. You may also experience them as a light brush on your face. They are very quick, like to dart around and to move in spirals. Sylphs love to communicate. They are very quick with short attention spans so you must be in their state to converse with them. It's best to communicate with mind because the spoken word is too slow. When you're traveling, you can talk to sylphs to get weather and road reports.

Part of the Person - Mind, Mental Processes, Thought, and Knowledge Part of Us

Direction of View - Outward (Extrovert)

Colors:

- A. Mundane (Material) - Clear (Physical - seeing or breathing)  
- White (Mental - thinking or speaking)
- B. Spiritual - Sky Blue ("Pastel Blue")

**A color is an energy matrix. Wherever the color is, the energy of that color is there.**

Spiritual Aspect - Understanding or enlightenment (the "meaning," or "significance" or "interrelationship" between one's various knowledge pieces).

## **9. Air Characteristics**

Transparency or Clarity  
Carrier  
Reflectivity  
Compressible and Expandable  
Easy Flow  
Reactive  
Shape Malleable  
Mutable  
Insulator  
Inherently Stable  
Direct Mediator for Fire  
Lightweight  
Masculine

Remember, a characteristic is an inherent attribute, aspect or quality of something. A descriptor of something. For example, the color of your hair is one of your



characteristics. When we look for an element, we look for the color and/or the characteristics. We are not necessarily looking for physical air.

### Transparency or Clarity

You can see through it, OR it is easily seen. Glass is a solid, but has a lot of air energy because of its clarity. To look at glass in this way is to think like a magician. Learn to look at things through their characteristics rather than through their purely physical state. For example, if someone is thinking or speaking clearly, then they have the characteristic of clarity, which also means they have air. Have you ever noticed that thoughts can have clarity just like window glass has clarity?

### Carrier

Air carries primarily fire energy, and secondarily lightweight objects such as dust, water, water vapors, or feathers. Water is also a carrier, but air carries much lighter items than water. Air can also carry thoughts, which are lightweight but not weightless. The mind is the carrier or guide of your will (energy/fire), which is stated in Aleister Crowley's principle "Will Under Intellect." Wind is air and fire mixed (if wind is blowing, it has fire energy because it's moving). Your thoughts can carry a lot of energy (either enthusiasm, fear or anger – mostly fire energies), and sometimes superficial trash, contamination, or meaningless thoughts (much like airborne viruses and particles).

### Reflectivity

Under some conditions, air becomes a mirror, as in a desert mirage or the "water on the highway" reflective effect on a hot day. Air can be mirror-like or silvery. Think about this characteristic on both physical and metaphysical levels. If I reflect on something (mentally), it has air. Air reflections tend to be mirror-like or silvery, unlike water, which is more blue than silver. Some people use constant rationalizations to bounce off incoming ideas.

### Compressible and Expandable

Any "chunk" of air can be compressed to occupy less space (volume), and stretched infinitely to occupy more space (volume). It implies an actual change in volume, as compared to shape malleable, which implies a change in shape. Compressed air becomes liquid oxygen, and very compressed air becomes dry ice. Both actual and mental air can expand – hot air expands and thoughts can also expand. Have you ever had an idea that had to be compressed into as few words as possible? Have you ever expanded an idea, or had one just explode and "fill the Universe" for you? Water, which is slightly expandable, cannot be compressed – feelings cannot be compressed.

### Easy Flow

By comparison with water or earth, air flows readily and can be made to do so abruptly or jerkily. On the mental level, this characteristic manifests as distraction, loss of attention, or the ability to quickly switch our focus from one topic to another. Our attention flows easily. Your normal thoughts move a lot more easily than your emotions (water) or your body (earth), and can be made to move or jerk or jump with little effort.

### Reactive

Air reacts quickly to any energy input. For example, a small candle will move all the air in a room within a very short period of time. On the mental level, have you ever noticed that your thinking speeds up or won't stop when you're really enthused, or when you're just a bit tense, or when you just push your mind a little? All of these involve fire energy from a psychic viewpoint. The same energy applied to water, which is also reactive, causes much less change.

### Shape Malleable

Air changes shape easily, such as folding a piece of paper. Blowing up a balloon is not shape malleable – it is expandable. Stretching or bending a balloon is shape malleable. Have you ever noticed how easily you can model or reshape your thoughts unless they're frozen (earth) or excessively emotional (water)?

### Mutable

Air can be changed into other elements (water or earth) under certain conditions. When physical air changes into water under compression it becomes liquid oxygen, and when physical air changes into earth, under severe compression, it becomes dry ice. On the mental level, thoughts can become watery or emotional. Thoughts can also become stuck, which is air becoming earth. Counseling is the process of taking thoughts that have become watery or stuck earth and converting them back to air. It takes special conditions to change air into other elements.

### Insulator

On a physical level, *non-moving* air is often used as an insulator, as in the air space in house walls, or in storm windows. The air-gap in automobile spark plugs is an insulator function; only allowing current flow after a certain pressure level has been reached. You can hold a thought sequence to insulate against other incoming information. Distraction is also an insulator, such as watching TV to insulate from thinking about a particular topic. If someone is trying to probe you or affect you with words or thoughts, all you have to do is hold a thought, and they cannot access you. If someone tells you, "Don't think of a pink elephant" the first thing you think of is a pink elephant. To insulate yourself, immediately think of a purple hippo or some other pre-defined thought form. You can also grab hold of a thought or mantra as protection in a situation of confusion. Anything that is

an insulator is also a direct mediator for fire. Another way to think about insulator is like a separator.

### Inherently Stable

Unless acted on by some outside force, air won't move. For example, dead air in a tightly closed room, house or unused mine shaft doesn't move. Any time you see air moving, you know there has been an energy input of some kind from somewhere. Winds use fire to move air. Thoughts become stuck unless they are acted upon by a force inside or outside of you.

### Direct Mediator for Fire

Fire cannot be applied directly to water or earth without resulting in damage of some kind, but air mediates fire so that it can be applied to water and earth. Fire applied directly to water without air causes steam explosions, and fire applied to earth causes scorching, but air and fire go together without damage to either. Air is the first bridge between fire and water or earth, and allows change without destruction in a controlled manner.

Whenever you deal with emotional people, the reactivity is fire. If a person that is both emotional and fiery without air, they could be both explosive and dangerous. Notice what happens when someone tries to control emotions with fire (sheer will power, for instance) rather than air – a steam explosion. Rationality, or air, is needed at that point. If someone is very fiery and acting out and you communicate with him or her, you can mediate the fire so that it can be constructive. Have you ever noticed the damage that can be caused by enthusiasm, anxiety or anger, all of which are fire, not directed or mediated by rationality? If you are in a room with people talking very loudly, fiery, if you talk louder you will only increase the fire and everyone talks louder. If you whisper and go back to air, everyone will listen because air mediates fire.

Crowley said, "Do what thou wilt shall be the whole of the law, will under intellect." Will under intellect means air mediating, or directing, fire. Most people just quote the first part, leaving out "...will under intellect," which changes the meaning completely.

### Lightweight

Compared to water and earth, air is very light. Thoughts are almost weightless. They also have a much lighter impact on you when compared to your emotions (water) or bodily sensations (earth) from the nervous system which is mostly fire.

### Masculine

Air is masculine or active by flow characteristics. Masculine is outgoing or forceful. Feminine energy works by the law of attraction, or by pulling things in. Anything that is energetically outward, radiative, or pushing has the masculine

characteristic. A charging bull, a train or a runner is masculine. Allure is a feminine characteristic. If it motivates by pushing verses pulling then it's masculine.

**If the characteristics of air are present, air is present!**

*Note:* People who spend a lot of time thinking, speculating, theorizing, using logic, or talking, probably have more air than people interested in sports (fire), the arts (usually water), or working with their hands (usually earth). People with a lot of air will usually speak or answer questions in terms of “I think...” People with a lot of fire energy speak in terms of “I want...” while people with a lot of water energy speak in terms of “I feel...” People with a lot of earth energy speak in practical or detailed terms, or answer questions with more questions such as, “Why do you want to know that?”

**10. Air Characteristic Questions**

Use these questions to help you better understand the characteristics, and refer back to them when doing the Explorations in the homework.

Clarity or Transparency

- Can you see through it?
- Can it be easily seen? Is it clearly visible versus having to strain to see it?
- For ideas or communication or thoughts, can you easily understand what is being said or communicated?
- For people, are their beliefs and motivations clear, even if they don't match what is being said? Is someone being transparent?

Carrier

- Does it carry light items such as dust, particles, germs?
- Does someone's conversation carry fire energy, such as anger, enthusiasm, or joy?
- Does it move light items or energy from one place to another?
- Does one person carry a marriage through a rocky period of time, or does your faith or belief system carry you through tough times?

Reflective

- On the physical level, does it reflect images, like a mirror? Does it reflect any images, even if they are faint, such as with a glass table or windshield?

- In a person, does their facial expression reflect their thoughts or emotions? Does their behavior reflect their morals, values or spiritual beliefs? Their cultural background?
- In a body part, does it reflect the state of the person's health? Does it reflect their personal care habits?
- In an object, does it reflect the personal taste of the person who bought it or the person who made it? Does it reflect a certain style? How well does the person who owns it take care of it?

#### Compressible

- Can its volume be compressed? Does not refer to changing shape, but actual decrease in volume. Can a body lose weight?
- In terms of non-physical things, can it be compressed? Can a thought be compressed to be less compelling, so that you think of it less, or so that it encompasses less? Can habits be compressed so as to occur less frequently or be less visible?
- Can the volume of a sound, or of a voice, be lowered to reach across less space?

#### Expandable

- Can its volume be expanded or increased? Can a body gain weight?
- Can a thought be expanded to encompass more? To be more compelling? To include more ideas or people?
- Can conversation be expanded to include more people? Can happy or sad moods spread and expand to affect more people?

#### Reactive

- Does it react quickly to any energy input?
- Does it take just a small amount of energy to move it, shake it, make it vibrate, change its state? Does it break easily or float easily?
- For people, are they very easily distracted from one idea to another, or moved from one emotion to another? Do they cry easily or laugh easily? Do they respond to new ideas easily, or are they easy to anger? Do they respond quickly or drastically to other people or situations?
- Does the energy in a room or a conversation shift or change easily?

#### Easy Flow

- Does it flow easily? Does it move abruptly or jerkily?
- Do thoughts or ideas flow easily from one to another? Does conversation flow easily from one topic to another?
- Do shadows flow easily? Energy?
- Do bodies flow easily from one shape to another?

- Do your beliefs flow easily or does it take a long time to change them? What about your emotions?

### Shape Malleable

- Unrelated to changes in volume, which are compressible and expandable.
- Does it change shape? Is it soft and malleable? Can you change its shape?
- Can you bend, twist, stretch or fold it?
- Can your thoughts be made to change shape, to fit into different contexts, conversations or belief systems? Are you having a hard time making a decision about something, so that your thoughts keep changing shape?
- Are your beliefs shape malleable over time? Do you hold the same beliefs as when you were 5 years old?
- Are crowds shape malleable? Do they stay in the same place and hold the same energy or do they shift according to input?
- Can energy be made to bend around corners or flow in different shapes with circuit breakers, routers and other electrical devices? Or by a healer's hands? Or by a new set of thoughts?

### Mutable

- Can it change from one element to another? If it's thought-communication-gas/vapor (air), can it change to energy-will-desire-motion (fire), liquid-emotions (water), or solid-practicality-implementation (earth)?
- Can thoughts, which are air, become watery or stuck (earth)?

### Insulator

- Does an object keep something hot or cold? Does it keep your attention focused and hence insulated from the other things in the room?
- Does a person keep one group insulated from another? One person insulated from another?
- Do your thoughts keep you insulated from your emotions? Does the TV keep you insulated from your thoughts?
- Do your feet insulate you from the ground? Does your skin insulate you from germs and other outside influences?
- Do your beliefs keep you from seeing new ideas?

### Inherently Stable

- Does it stay still unless acted on by an outside influence, or does it move by itself?
- Do your thoughts and beliefs stay the same unless acted upon by new experiences and events? Or are they more reflective and apt to change by themselves?

- Does it require light and water for a seed to germinate? The same with ideas?
- Does a person lack internal motivation, requiring someone else's order to move?

#### Direct Mediator for Fire

- Does it allow fire to interact usefully with water and earth? Does it allow change without destruction? Fire applied directly to water causes steam explosions while fire applied directly to earth scorches it.
- Do cool, rational thoughts and clear communication mediate the fire of a heated argument, directing the fire energy to a useful conclusion? Does a mediator mediate fire to produce a win-win situation?
- Do plants absorb sunlight and use it to grow? Transform it to food?
- Can someone whispering mediate the fire of a noisy roomful of children?
- Do our animals, a safe environment, sacred objects, a church, or a good friend help us see a situation more clearly, channel our energies more productively?

#### Lightweight

- Is it physically lightweight?
- Do thoughts have much weight?

#### Masculine

- Does it push outward or radiate? Is it an outgoing force?
- Does it reach out and grab you?
- Sight: Is it bright? Loudly colored? Easy to see?
- Sound: Is it loud? Does it buzz? Does it reach your ears easily?
- Touch: Is it rough or easy to discern by touch?
- Taste or Smell: Does it taste or smell strong?

### **11. Exit Ritual**

The exit ritual is the first form of the Navajo Beauty Way. It is a contact ritual in which we greet friendly powers and beings who can and will assist us during the course of our day once we get to know them, and when asked. The exit ritual is one form of asking for favor or help.

Do this ritual everytime you go outside from a building, your car or a bus – each of which is a sort of “cocoon” that closes you off from the environment. Perform this ritual a minimum of 3 or 4 times a day.

1. Extend your focus up into the sky first, and then say “Sky Above.”

2. Keeping your focus extended above you, extend your focus into the earth, and say “And Earth Below.”
3. Holding your consciousness both above and below you say, “I Greet You.”
4. Wait for a bit, perhaps 15 seconds, and see what happens. Do you notice changes in your environment, such as a sudden breeze, birds flying by, sensations of energy moving around you, a sudden noise or sound, or a magnetic pull from the earth? You may notice an immediate change in your environment, plus you may notice a change in the quality of your day, your awareness, or your perceptions. Something always happens, but if you don’t notice anything it may just be that your perceptions are not tuned in to the changes just yet. Be patient and stay with it – you’ll soon notice a lot of changes.
5. Keep a small notepad with you at all times and be sure to jot down any results that you may notice throughout the day. Also, if you forget to do the ritual before getting in your car, for example, pull over to a safe parking space, get out of your car, and do the exit ritual before continuing on. Being deliberate about doing the exit ritual in this way will help you remember to do it next time.



## Class 1 Additional Resources

### From Church of Seven Arrows

#### Correspondences

Definition: Something symbolizing, symbolized by, or relating to, but (usually) not part of something else.

Principle: Any single correspondence of an element is correspondent to all other of that element's correspondences.

Though each element has many correspondences, depending on what system is being worked with at any particular time, there are certain correspondences that are basic to magical technology all over the planet, regardless of culture, religion, or application. For the purposes of the beginner magician, it is sufficient to know the correspondences given in this material. The following general comments are offered as aids to your understanding.

Direction: Each of the elements is associated with one of the compass directions and the attributes ascribed to that direction. East and west are generally the same both north and south of the equator. However, the correspondences for north and south are reversed from those given here when south of the equator. In this hemisphere, Air = East, Fire = South, Water = West, and Earth = North.

Tool: Each element has an associated tool, which is used to refine control of the elements, and handle varying quantities of any elemental energy. The tools are as follows: Air = Wand, Fire = Knife (Athame), Water = Chalice, Earth = Plate (Shield or Pantacle).

Part of a Person: In the context of magic, a person has a mental component (air), a will or life energy component (fire), an emotional component (water), and a physical component (earth). The spirit or the soul works with all of these components but is not any one of them, and so is not correspondent to any of the four components. The spirit HAS mind, will, emotions, and body as possessions, just as we have clothing or a living space, which are not parts of ourselves.

Direction of View: A person may "look" outward, inward, forward (future-ward) or backward (past-ward), and each direction is associated with one of the elements: Air = Outward, Fire = Forward, Water = Inward, and Earth = Backward.

Colors: Given the "As Above, So Below" principle, each element has its earthly frequency and its spiritual frequency. We can use color as one of the easier means

for selecting the proper frequency for magical work. One may also use smell, taste or sound correspondences.

Spiritual Aspect: This refers to the association of an element in the spiritual levels of existence.

Final Comment: Once you become familiar with the basic correspondences as they apply with each element, you may be surprised at how many diverse areas of living utilize them, whether or not they are categorized in this material. For example, consider sales programs, martial arts, design of churches, offices and restaurants.

### **Characteristics**

Definition: An inherent or intrinsic attribute or aspect of something.

Given the “as above, so below” principle, there are two possible ways to approach the element characteristics – either by considering their operation in the spiritual realms (the mystic approach), or by considering their operation in the physical realms (the hermetic approach).

Since our culture is physically oriented, using the hermetic approach is easiest for most people in the beginning. Thus, your first impression of the characteristics lists may be quite, even disappointingly, physical. However, if you’ll do the exercises and contemplations given, you’ll soon discover that you can perceive the characteristics at work on many different levels, including the physical, mental, emotional and spiritual levels.

Regarding the “primary and mediator” and “masculine and feminine” element characteristics, keep in mind that, magically speaking, these terms have different meanings than the ones commonly used in our society today. There are 2 masculine and 2 feminine elements, 2 are mediators and 2 are primes. Psychically or spiritually, there are no “good/bad” or “superior/inferior” judgments associated with these. Like a battery, the Universe seems to require both the positive and negative terminals plus an exchange bridge (mediators) to work.

Magical research indicates that the masculine and feminine attributes go back to prehistoric traditions, and that men and women’s guilds valued both attributes for men and women. Indeed, these ancients seemed quite aware of the necessity for the presence of all 4 attributes (2 primes and 2 mediators) as a condition for physical survival in any condition above the purely elemental form (such as sylphs and salamanders).

**Note on Correspondence and Characteristics**

Keep in mind that it is by the correspondences and characteristics that adepts, masters and sages are able to accurately predict and create the seemingly miraculous effects they do.

Competent and safe physical, psychic, and spiritual use of the elements requires that the basic correspondences and characteristics of all the elements become virtually second nature in your thinking. The same is true of the rules for mixing the elements in the environment. A competent magician never ceases regular exploration and contemplation of the elements, both separately and in combination.

