

## **Class 19 – Plates**

### **Covered in this Class**

1. Preparation for This Class
2. Plate Poster
3. Plate Selection
4. Keying Your Plate
5. Storing and Maintaining Your Plate
6. Using Your Plate for Shielding
7. Cutting Lines With Your Plate
8. Healing With Your Plate
9. Keying and Natural Order of Tarot Cards
10. Exit Ritual, Day Greeting and Day Ending

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

- *Video Clips:* Keying the Plate, Cutting Lines With the Plate, Healing With the Plate, Day Greetings and Day Endings
- You will need to get:
  - Your Plate (see description below)
  - Materials for charging your Firebowl and Chalice
  - Pure cotton cloth for keying your Plate

### **2. Plate Poster**

PLATE (Shield/Pantacle) – Earth Tool

1. Incense (Earth or general purpose) until smoke sticks
2. Salt & water – wipe dry clockwise

Uses:

1. Protection – incoming energy plus scatter and return
2. Protection – divinations – cup and pendulum
3. Healing – beams – green or brown
4. Keying Tarot cards
5. Spell work

The Plate, known in magical circles as a Shield or Pantacle, is the tool used to handle earth energies. It is known as a Shield because it is often used magically to shield various operations against outside interference.

### **3. Plate Selection**

You will need a Plate for this class. Your Plate should:

- Be made of wood, ceramic or porcelain. Glass or metal will also work.
- Be colored with earth tones or have plant-based designs in earth tones. Be sure that the patterns are not carved very deeply into the plate.
- Six to ten inches in diameter which is slightly larger than a salad plate. You should be able to hold it easily by placing your thumbs in the center of the plate and the rest of your fingers on the edge.
- Be round in shape for even energy flow and slightly dished in the center.

### **4. Keying Your Plate**

Like the Wand, Athame and Chalice your Plate needs to be keyed before you begin using it. Remember that keying clears any impure energy from your Plate aligns all the molecules so the energy flows in a particular direction and personalizes the Plate to you so that other people cannot easily use it.

1. Gather your Firebowl, Chalice, materials for charging both and a pure cotton cloth.
2. Feel the energy of your Plate before you begin by moving your palm back and forth above it.
3. Sit in the South facing North and charge your Firebowl and Chalice using the verse "Cleanse this tool and cleanse its space." Use a water or general-purpose incense in your Firebowl.
4. Hold your Plate upside down (dished side down) in the column of smoke. Allow the smoke to drift onto the Plate for 15-30 seconds. If the Plate has been previously used by other people or for another purpose, it may take more time for the smoke to clear out the energies. Pull the Plate away from the smoke and see if the smoke sticks to it (little streamers of smoke will billow off the Plate if the smoke is sticking). If not, put the Plate back over the Firebowl until the smoke sticks.
5. Smoke the bottom of your Plate in the same way until the smoke sticks.
6. Dip one corner of your cotton cloth into the water of your Chalice. Use the wet area of the cloth to wipe the top of the plate (the concave side). Start at the center of the Plate and begin wiping clockwise, moving your cloth outward in a spiral. Wipe with pressure and intention until the top of the Plate has been wiped.

7. Without stopping or lifting the cotton cloth from the plate wipe the rim of the Plate, then turn the Plate over and continue wiping the back of the Plate in the same direction. Do not change directions once you reach the back – the wiping should be in one smooth continuous stroke. When you turn the Plate over you will be wiping in a counter-clockwise direction. You may want to have another person watch you to ensure that you do not change directions. If you change directions when you start wiping the back, your Plate may actually split in half during intense magical operations. You could end up with two very thin but completely round Plates.
8. Using a dry corner of your cotton cloth repeat the wiping procedure remembering to wipe with steady pressure and intention.
9. Test the energy of your Plate again and notice any differences.

### **5. Storing and Maintaining Your Plate**

Unlike the other tools, your Plate will stay keyed without being wrapped in a natural material. In fact, if you store your Chalice on top of your Plate, the Plate will help maintain the keying of the Chalice. If you will be traveling with your Plate you may want to wrap it to prevent anything from hitting it. Striking, hitting or dropping your Plate will unkey it. You can use your Plate for everyday use but make sure that if you wash or dry your Plate you use the same wiping motions as you did when you keyed it. This will ensure that you don't unkey it. Do not wash your Plate in the dishwasher.

### **6. Using Your Plate for Shielding**

Like the Chalice your Plate will protect any object you put on it. The Plate, being the tool of Earth energies, is a great stabilizer and insulator. There are many different ways to use your Plate as a shield:

- Put objects you want to protect on your plate such as jewelry, magical tools or your tarot deck.
- Store your Chalice on your Plate to increase protection and preserve the keying of the Chalice.
- Put your plate under your divination tools to protect your divinations from interference from the subject of your divination, your own hopes and fears, or other entities that happen to be in the area. For instance, you can put your Firebowl, Chalice or Pendulum (covered later in this class) on

your Plate for divination. You can tell you are getting interference if you see sparkles or clouds, or are unable to concentrate or think clearly.

- You can strengthen the protection of the Plate during divination by putting two White or two Sun Yellow candles about 6 inches from the left and right edges of your Plate. Light a wooden or paper match, then light the right candle. Bring the same match down and across your plate to light the left candle. Then bring the same match up and across your plate to touch the flame of the right candle again. This procedure causes the two candles to trade auras and creates a field of protection over your divination.

### **7. Cutting Lines With Your Plate**

You can cut sticky, unhealthy psychic lines on yourself or other people using your Plate. This procedure is similar to the line-cutting procedure with your Athame. Most of the time these lines are not established through conscious intention but by forces such as worrying about another person, grieving over a relationship that has ended or being jealous of another person. Some non-physical entities also set up lines to living people. If you feel drained for no reason, either constantly or at unexpected intervals, if you get sick for no reason or if you have a low level of depression, sadness, anxiety or irritation that is unusual for you, someone may have attached lines to you.

#### **Cutting Lines on Yourself**

1. Stand in an open space where you can easily turn all the way around with your arm extended out in front of you.
2. There are two ways to position your hands and your Plate.
  - Hold the Plate in your output hand with your output arm slightly extended at chest height. Hold your input hand with palm facing away from you behind the center of the Plate. The front of the Plate should face away from you.

OR

- Hold the Plate in your input hand with your input arm slightly extended at chest height. Hold your output hand with palm facing you in front of the center of the Plate. The front of the Plate should face away from you.
3. Turn in a clockwise circle always facing the outside of the circle (you can make the circle as big as 6-10 feet in diameter), feeling for hot and cold spots that show up in the center of the Plate with whichever hand is not holding the Plate.

- If you feel a cold spot, someone is pulling energy from you. We call these people psychic vampires.
  - If you feel a hot spot, someone is pushing on you, exerting some control over you or adding their energy to yours.
4. Stop when you feel a hot or cold spot. There are four different ways to disconnect the lines, each with an increasing amount of force:
- Scatter the Energies: This approach has the least amount of force, and simply breaks the line without causing it to snap back to the sender. Simply turn your Plate so that the front faces you, with your thumbs in the center and the rest of your fingers on the edges. Hold your Plate in this position in the center of the hot or cold spot (which indicates a line) for a few seconds to disconnect the line.
  - Snap the Line: This approach cuts the line and snaps it back to the sender with a little force, so that the sender gets a little jolt. Hold your plate so that the front faces away from you, with your thumbs in the center and the rest of your fingers on the edges. Give a little push with your Plate to snap the line. If you snap a line on someone who is pulling or pushing very hard it could give them a jolt and knock them out when it snaps back on them.
  - Send Brown: Follow the same procedure as for snapping the line. Before you push with your Plate, though, load a little brown into your Plate by pulling it in through your elbows and when you push with your Plate send a little brown down the line. The brown energy will produce a bigger jolt and will act as a warning to the sender to leave you alone.
  - Send a Lemniscate: If the line feels really heavy or if it feels like the person is really doing something harmful to you, you can draw an electric blue Lemniscate with your finger or your Athame and push that down the line with your Plate. This will push or pull on the sender with as much force as they were pushing or pulling on the line. The Lemniscate will not release them until they let go completely. The Lemniscate could tie the person up for the rest of their life unless they let go!
5. Continue around the circle until you have cut all the lines at chest height. You may then want to repeat the procedure holding your plate head high and waist high.

#### Additional Notes on Cutting Lines

- You have the right to snap a line back on someone with the appropriate level of force even if the person isn't consciously creating a line. As magicians, or people with a higher level of knowledge and instruction, we

are obliged not to allow people to interfere with us. If we allow people to continue to push or pull on us energetically we become their accomplices or enablers.

- When you snap a line back do it intently and with knowledge, not with a sense of getting even. Be sure you don't send any extra charge or anger down the line.
- To cut lines on another person, have them stand in the center of the room with their eyes closed. Start at their back (so that you are back to back with the person) and walk around them, always facing the outside of the circle, staying as close to the other person as you can. Use your plate in the same manner as if you were cutting lines on yourself.

### **8. Healing With Your Plate**

You can use your Plate to deliver concentrated blasts of grass green and earth brown energies for healing. Like the other tools we've covered in earlier classes, the Plate can handle and output more energy than we can with direct flow.

To effectively use your Plate for healing you need to understand how the Plate projects energy. When you push energy into your plate it gathers from the edges inward, forming a cone that tapers down to a thin beam. The cone projected by most Plates is around 18 inches long (see Figure 19.1).

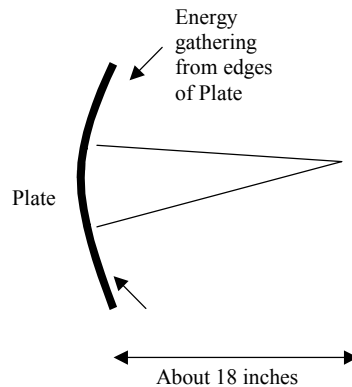


Figure 19.1

It's a good idea to practice projecting beams of grass green from your Plate on yourself. Do not use earth brown, which can have permanent unanticipated effects. Pull grass green in through your elbows or shoulder blades; push it down your arms and into the plate through your thumbs. Move your Plate back and

forth until you get a precise feel for the length and shape of the beam that your Plate projects. With grass green you will feel itching and weaving as the beam hits your body. Once you've practiced on yourself you can use your Plate for the following types of healing:

- Bruises: For a bad bruise, that's been broken up with a Chalice and is starting to heal, you can use your Plate to flow grass green into the area to promote healing and cellular regeneration.
- Tumors: In addition to blasting tumors with beams of Red Orange with your Athame, you can smother tumors with beams of earth brown from your Plate. The benefit of using your Plate is that it won't produce as much inflammation as your Athame. The brown energy will solidify the tumor into a hard lump, which you can then break up and wash away with your Chalice. NEVER use grass green on tumors. Tumors are already too healthy and grass green will only accelerate the growth process.
- Internal Bleeding: With forms of internal bleeding, such as ulcers, using your Plate is a better solution than using your Athame because excess fire is often the cause of the bleeding. Use your Plate to put some brown energy into the area. Once the area stops bleeding the person may have a lump in their stomach. Flow some grass green into the area to start the healing process and allow the natural air and water energies in the stomach to soften and dissolve the lump. For ulcers the brown energy will help to block out the acids that are dissolving the stomach lining. Do not use brown energy in the heart, lung or throat areas. It is too heavy for these organs and will smother them.
- External Bleeding: You can use brown energies from your Plate to slow the flow of blood from external wounds just as you did with your Athame, although the Plate will not act as quickly as the Athame. Flow brown into the area until the bleeding stops. Do not add green energy since green tends to accelerate flow, which would increase the flow of blood. Wait a few days until the wound is completely closed over and stable, then add in a little green to start the healing process. If the wound starts bleeding again you've added the green too soon. Add more brown energies to stabilize the area then wait a few more days before adding green.
- Broken Bones: You can heal broken bones, once they are properly set, with your Plate. Begin by flowing grass green energy into the break to start the healing process. The person will experience the knitting or weaving sensation that always accompanies bone growth. Afterward, flow some earth brown energies into the area to stabilize it. If the person goes to the hospital to have the bone set be sure they don't get a hard cast. Hard casts tend to slow the healing process and you can't work on the break with your Plate through a hard cast. A removable cast is much more

conducive to healing since you may need to add grass green into the break daily.

### **9. Keying and Natural Order of Tarot Cards**

In preparation for studying the Tarot in upcoming classes please purchase these items:

- Waite-Rider Tarot Deck (found in most bookstores or at amazon.com)
- Book of Shadows (any kind of notebook where you can record Tarot readings and spells)

To protect your Book of Shadows you may want to put some kind of picture (dragon, tiger, hawk, etc.) or symbol on the front and back covers.

Because your Tarot deck is like any other magical tool you will need to key it. Keying your deck ties it not only to your own energies but also to the Universe itself. Before you can begin the keying process you will need to put the deck in natural order. The natural order is as follows (with the first card listed being face down on the top of the deck):

- 2-10, Page, Knight, Queen, King, Ace of Wands
- 2-10, Page, Knight, Queen, King, Ace of Swords
- 2-10, Page, Knight, Queen, King, Ace of Cups
- 2-10, Page, Knight, Queen, King, Ace of Discs
- 1-21 of the Major Arcana with the Fool (0 or 21) being the last card

To key the cards:

- Do a four element cleansing of the area in which you will be working (a room or area cleansing is sufficient).
- Sit in the South facing North as you do when keying any tool. Place your keyed plate and Tarot deck (in natural order) in front of you.
- Place matching candles of Sun Yellow, White or Sky Blue on either side of the plate.
- Light the right candle (Wisdom) with a wooden match. Keeping the match lit sweep it down in an arc over the plate to light the left (Protection) candle. Again, keeping the match lit sweep it up in an arc over the plate to the flame of the right candle again. This creates a connection between the two candles (see diagram below).



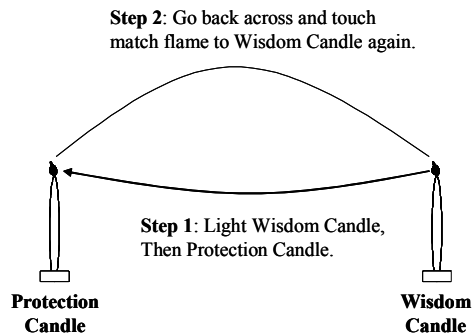


Figure 19.2

- Take the first card from the top of the deck, the 2 of Wands, and place it face up and upright on your plate.
- Look at the card, taking in the overall color of the card, the flatness of it and the dimensions of it. Don't focus on any particular detail.
- Keeping your gaze soft look into the scene and begin asking questions about it. For instance, ask "What time of day is it?" or "Is that a town in the background?" or "Is that an ocean or a lake?" You aren't trying to get answers to your questions.
- Keep asking questions until you suddenly see the card "window." In other words, the card becomes clearer, more alive, three dimensional or brighter. You get a sense of real understanding or relationship with the card – it feels as if you are looking into the scene through a window.
- As soon as the card windows take it off the plate and put it face down next to the plate.
- Continue the same process with each card in the deck. You may want to key only a certain number of cards at a time since this process can be tiring.
- If you come across any cards that don't window, write them down in the Homework sheets and bring that information to class. The instructor will help you determine why the card is not keying for you.

### **10. Exit Ritual, Day Greeting and Day Ending**

This week's Exit Ritual is:

Sky Father  
And Earth Mother  
Walking in Acceptance  
I Greet You.

Class 19 - Plates

This week we add three new directions to our Day Greetings and Day Endings: Winds of Strength (north), Sky Father and Earth Mother. To address Winds of Strength, face North and extend your arms straight out in front of you, fingers pointing to the sky, palms facing away from you. To address Sky Father, face East and extend your arms above you in a V shape. To address Earth Mother, stay facing East and extend your arms down and to the side in an upside down V shape.

Remember that to address Winds of Knowledge you face East and extend your arms, palms facing each other, straight out in front of you. To address Winds of Power, face South and extend your arms, palms facing down. To address the Winds of Feeling, face West and extend your arms, palms facing up. Remember, these are contact rituals – pause in each direction and wait for a response.

Winds of Knowledge,  
Walking in Acceptance,  
I Bid You Good Morning.

Winds of Power,  
Walking in Acceptance,  
I Bid You Good Morning

Winds of Feeling,  
Walking in Acceptance,  
I Bid You Good Morning

Winds of Strength,  
Walking in Acceptance,  
I Bid You Good Morning

Sky Father,  
Walking in Acceptance,  
I Bid You Good Morning

Earth Mother,  
Walking in Acceptance,  
I Bid You Good Morning

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Winds of Knowledge,  
Walking in Acceptance,  
I Bid You Good Night.

Winds of Power,  
Walking in Acceptance,  
I Bid You Good Night.

Winds of Feeling,  
Walking in Acceptance,  
I Bid You Good Night.

Winds of Strength,  
Walking in Acceptance,  
I Bid You Good Night.

Sky Father,  
Walking in Acceptance,  
I Bid You Good Night.

Earth Mother,  
Walking in Acceptance,  
I Bid You Good Night.

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