

Introduction

In today's Occultism we have LOW and HIGH Magick. This is not a good description because it implies that one branch of Magick (Low) is trivial and therefore beneath consideration. This is not the case. By far the best description is that of Practical Magick which equates to Low Magick and Esoteric Magick which equates to so-called High Magick. Practical Magick is wholly concerned with using the power of the subconscious to attain solid, physical results such as increased money supply, better health or even a new home. In fact anything that enhances the life of an individual belongs to the realms of Practical Magick. On the other hand, Esoteric Magick is concerned with the study of Magick as a subject in it's own right and also includes less tangible aims such as the discovery of INNER truths and the understanding of the workings of creation.

Although this book is mostly concerned with Practical Magick the basic principles lead naturally to deeper studies of the Magickal Arts because the same basic rules apply to both lines of study.

However, it should always be remembered that unless the would-be Occultist has learned the truth about the material world and, more important, learned how to control this, he is unlikely to make any real progress in Esoteric matters. In Magickal terms, the first real INITIATION is that of man's ability to master the material. He must become a king in his own land - so to speak. It is also worth mentioning that the so-called initiations, carried out in lodges and covens, are, more often than not, meaningless pantomimes indulged in by non-thinkers. NEVER allow yourself to be subjected to these charades, no matter what excuses are given. You will be told that initiation offers many advantages denied to other folk and that your consciousness will be OPENED so that you may more easily EVOLVE. You already ARE evolved and you HAVE power, so what is the point in bothering with this sort of absurdity? Even more to the point is the fact that these self styled initiators still believe in Gods and other external beings, clearly indicating that, far from being evolved themselves, they best belong in the dark ages. The word INITIATE simply means to START. So, with this in mind, let's now start to look at Magick and its practical application in everyday life.

Practical, Sympathetic and Natural Magick are probably the oldest form of 'Ritual Magick' known to man. In recent years they have made something of a comeback in Occult terms which is fitting testimony to their simplicity and long-standing appeal. However, in keeping with the Occult 'norm' we are bombarded with the usual dose of literary confusion and absurdities presented by self-styled "experts" and followers of the "right-hand path" (naturally!). The main problem is one of the spreading of superstitious practices which do nothing for this valuable form of the ART and serve only to shackle the gullible novice. One such practice is the self-restricting absurdity of "imploing" the Gods thereby ensuring that we can only get results if the Gods oblige! This of course gives the teacher (and the student) a convenient get-out if the ritual fails. In Magick, the IF factor has to be removed before success can be guaranteed. Therefore the Gods, and other fallacies, are better left in the dark ages, where they belong, while being replaced by more realistic ideas. Real Magick practitioners succeed more often than not, because they choose to contact POWER rather than the fantasies of the ignorant "experts". Far from being difficult, this is the easiest way to approach true Magick. There is no need for superhuman efforts, complex Angelic names or those really ridicu-

lous planetary hours or days, all that is needed is plain commonsense and a simple approach which is the hallmark of "True Magick". This book presents the FACTS as they really are and helps you succeed in bringing happiness and fulfillment into your life through the use of natural energies. The accent is on simplicity, commonsense and the use of practical techniques using ritual to get positive results. If, like many others, you prefer to use Practical Magick as a means to achieving your desires, then this book is far better than the normal run-of-the-mill material available, which goes under the heading of Magick or Magic. You will find it easy to follow and highly practical.

Whether I am faced with the 'Banishing ritual of the Pentagram,' or other such childish practices, my mind inevitably drifts back to the time I heard a funny Occult story. A story with strong implications.

Once upon a time there lived an old Magickian, who spent all his time trying to conjure up the Devil. Day after day, year after year, he toiled well into the early hours all to no avail. The Magickian's daughter had watched the antics of her father, and felt really sorry for him, for he was now fast approaching the end of his life. One evening in an adjoining room she sat quietly, and casting her mind in his direction she thought to herself, "Oh, if only the Devil would appear, if only for a second, if would make him so happy, and at least his life's work would not be in vain." Suddenly she felt a strange presence in the room, and turning quickly around she was amazed to see the Devil himself. Quite aghast at this awesome figure, she did not know whether to run or faint; but having years of experience in her father's Magickal ways, this took precedence. Gradually pulling herself together, she looked the Devil square in the eyes and said, "My father has spent his entire life trying to conjure you, yet not once have you had the common decency to show as much as a puff of smoke, or even a hint of evil. Why on earth do you torment him so, do you get some sort of fiendish pleasure out of this or are you afraid?" "Oh, my dear!", said the Devil. "Believe me, I really have tried to oblige him but there is a serious problem which I cannot surmount." "Nonsense!", replied the daughter, "You, of all people, make excuses - no, you are afraid or you seek to avoid my father for he is a powerful and able Magickian!" The Devil was about to speak again when the daughter fell on her knees and said, "Please, please appear before him, he has spent his whole life trying to conjure you. Surely this

must count for something, even in your world!" "Very well," said the Devil, "I can see there is no other way, stay and watch and you will see my dilemma."

The old Mage was working himself up into a frenzy of activity within his Magick circle, silhouetted by candle light and barely perceptible amid copious incense fumes, he exhorted heaven's hosts and even God himself, to force the Devil to appear before him. Almost spent dripping with perspiration and trembling with emotion, he fell on his knees about to make one last dying demand, when suddenly in a flood of light the Devil stood before him. Without a second thought the Magickian grabbed his sword of power, pointed it at the Devil and screamed, "Be gone, vile Demon, to the pit with ye, may your soul burn in hell and may the wrath of God descend upon you for all eternity." A few seconds later while the ranting still continued, the Devil appeared again before the daughter and said, "Now can you see my dilemma?"

So often today's Occultists get trigger happy about banishing, without ever stopping to think about what they are doing. For a start there really is no need to banish "Demons, Devils" or any other supposed "Astral entities," this really is absurd and is best left in the dark ages where it belongs. Any Demons which do exist, exist only in the minds of the practitioner: they are IMAGES, nothing more, nothing less; a correctly construed temple is by its very nature free from such negative ideas, so there is no need to banish anything. Likewise purification either by fire, water, or anything else is equally absurd and an insult to your inner abilities. Let's be realistic, if Demons did exist and had the power ascribed to them by Occult fantasy writers, they are hardly likely to be put off by a few words and an assortment of incenses and half a bucket of water. Likewise a Pentagram would be more use to a Demon than a hindrance, especially if the operator is merely reading the instructions from some book. Before you can really use a symbol you have to understand it, if you do not, it is totally useless. To banish means to get rid of, so what is it that we need to get rid of, from a realistic point of view? Demons, Devils? - no, not quite! A Demon or similarly supposed entity is an image or symbol, it is a way of expressing something which is desirable or undesirable. The construction of personal symbols is known as the "Art of Telesmatics," in this book we will construct symbols to form a symbolic base in which to work Magick. The word "invoke" means to get bring forth from within, and the word "banish" means

to get rid of or take away, so let's change the word invoke to opening and the word banish to closing, we then have the "Opening and Closing" ritual of the Pentagram. This is a symbolic base in which we work, it separates the Mundane from the Magickal, it serves to inform your subconscious mind that you now wish to work creatively and also stops unwanted psychic problems occurring. The Cabbalistic Cross – lesser banishing ritual of the Pentagram was formulated by an Occultist for his own personal use, he understood symbols and how to use them. Over the years the ritual has had many additions incorporated into it, some of these were thought out using common sense. The Cabbalistic Cross ritual can be used for many different Magickal operations, in this book we will use it for Practical Magick using a ritual situation, so that we can use creative thinking to give instructions to the subconscious mind via a symbolic pattern.

P. COOPER, 1990

1. Correct Procedure

One of the greatest problems to confront today's would-be Occultists is that of trying to discover the difference between the "rights" and "wrongs" of Magickal techniques. You, as a student of the Occult, are faced with confusion, contradiction, and many uncertainties in your search. You will at least be pleased to know that you are not alone – many others have also had to suffer these problems. Each year an ever increasing number of people turn to Occultism in the hope that it will solve their problems. Many are disappointed, some give up altogether presuming that Magick either does not work or that it is for the select few. Before looking at Practical Magick, it would be a good idea to look at the problems confronting the novice and attempt to reveal the truth about Magickal practices.

Wrong Practices

There are literally thousands of books on Occultism and related subjects. Ritual Magick is high on the list of techniques used to achieve some chosen end. You may well have read some of these books only to find that they were indeed confusing and often

contradictory in presentation of ideas. Perhaps you were tempted to buy one of the more popular "instant" Magick books, the sort telling you that you do not need any experience, knowledge or even any equipment! You may even have tried some of the "spells" only to find that you failed. Why? What went wrong? The answer is quite simple – you were given the wrong information!

Let me point out the plain truth about certain Occult books. The fact that something is printed in these books is no guarantee that it is TRUE! I once heard a television celebrity say that the only truth to be found in a newspaper is the date. Perhaps this is an exaggeration but, nevertheless, similar accusations could be made about Occult books with much the same justification. Any real truth, which is contained therein, is far outweighed by sheer nonsense. Perhaps we ought now to look at contemporary Occult teachings in a new light. Magick is a highly individual process because no two practitioners can see, think or act in the same way. From this point of view alone, we are bound to be faced with contradictions owing to different approaches and ways of expression. After all, what is good for one person is not necessarily good for someone else, this is quite reasonable. However, we now have the ridiculous state of affairs in which the followers of one 'master' totally disagree with followers of some other train of thought as a point of principle thereby losing sight of the goal – truth. In teaching Magick, all that any instructor can do is to indicate the way by giving the BASIC facts. The student must then build on these facts and produce HIS/HER OWN working system. True Magickal practice is therefore concerned with finding one's own way within the framework of universal laws – there is no other way. This, of course, is why the rituals of other people are of no real value to the student. They have been constructed (hopefully) by a practitioner for his own use, based on his own understanding of universal principles. To imitate such rituals is sheer folly, yet this is advocated in many books which only serve to show that either the writer does not realize the importance of INDIVIDUAL effort, or he is simply putting together a collection of bits and pieces in the hope of making money by cashing in on the gullibility of the novice. Having discovered the cause of these contradictions, let's now look at some of the other problems.

Magickal Misconceptions

The majority of Occult writings are based on unfounded beliefs.

The main problems are: 1. Acceptance without questioning; 2. Traditional beliefs; 3. Superstition.

Acceptance

Never accept some supposed Magickal concept, from any source, without first questioning the validity of this concept (or its source). The greatest "word of power" that will ever exist is WHY? Learn to apply this to everything you read in books or hear from some supposed "expert". Let me give you an example. Teacher: "Your altar candles should be large and impressive. They should also be coloured white." At this point, most students would simply ACCEPT this idea as being the truth, however. Student: "Why?" Teacher: "What do you mean?" Student: "Why should the candles be large and impressive?" Teacher: "Well because they should." Student: "Why should they?" Usually the teacher would either give up or make the fatal mistake of saying, "I am afraid I cannot tell you because this is a lodge (coven) secret. Meditate on this." Student: "Alright, but why should they be white?" Teacher: "White stands for purity." Student: "What has purity got to do with it, I came here to learn how to use Practical Magick to get a better home and more money". Teacher: "Now you are being materialistic." Student: "Isn't that the point of Practical Magick?" As you can see, in this imaginary and laughable situation, you did not really get a worthwhile answer. You did learn one thing – the teacher did not HAVE an answer because he had not thought about what he was doing. Time and time again, Occult "experts" and students accept whatever appears to be "fact" and then believe without question. Little wonder that these "teachings" do not work. Most of today's Occultism consists of ideas which, although unfounded, are accepted in totality without a second glance. If you really want to learn Magick accept nothing without due consideration. This book will help you do this in addition to giving you realistic Magickal techniques. The most usual counter to the above argument is to imply that most ideas are "traditional" and therefore correct. Again, this is not true.

Tradition

My definition of tradition is: The binding of oneself to some ideal originating from the past. This "ideal" may, or may not, be true – especially so if it happens to be a Magickal tradition. Most Magickal traditions are hogwash and are either the product of some

over fertile imagination or are pure speculation. Often these are used by some practitioners to justify their existence or as a cross on which they may conveniently nail themselves. Christian tradition is typical of this latter mistake. Most countries are tradition bound almost to the point of absurdity and it is now an integral part of British life not to take any step forward unless there happens to be a convenient retreat (back to tradition). The problem exists largely because of nearly two thousand years of religious dogma. Just because it came from the past, does NOT mean that it is either valid or of any use in this day and age. Naturally, there ARE some meaningful traditions and these will be pointed out.

Superstition

There is far more superstition in Magick than is apparent at first glance and this extends from the silly "spells", given in certain books right up to the practice in lodges of "High" Magick. Superstition is of no value whatsoever in Magick. It is based on unfounded beliefs and although it can be MADE to work there are many good reasons why it should be abandoned in favour of common-sense. Magick is a science, not a product of the dark ages, so treat it as such while throwing out anything which is based on superstition – you are bound to gain considerably if you do. Let me give you an example of superstitious beliefs in action. Statement: "It is possible to use candles without dressing them but they are far more effective when dressed." This is simply not true. If the practitioner who advocates this is correct then I, for one, would have noticed the difference. To this date, I can state quite plainly that I have not! So why make this statement? It may well be an apparent "fact" for this writer but how on earth can he say that this is fact, not only for himself but for everyone else. The answer is that superstition has crept in (an unfounded fear that if this is not done the ritual will be ineffective), together with the usual acceptance of what SOME-ONE ELSE said or wrote. The list is endless and it almost succeeds in burying real Magick under a mountain of stupidity – almost! Step by step, I will give you only correct techniques which are free from such absurdities. Before you take up real Practical Magick I would suggest that you put away any of these books and push aside the ideas you already have. From now on keep an open mind and work slowly through the principles and practical work which I will give you. Having tried 'instant' Magick and other

unrealistic practices it is time to learn valid techniques. This is bound to take time but it is well worth the effort.

Correct Magickal Practices

There is only one way to practice Magick and that is the RIGHT way. First you must understand WHY Magick works and then you must learn HOW to make it work. Let's start from the beginning and build up a system of Magick which conforms to basic, universal truths and, at the same time, conforms to what is best for YOU.

Universal Energy

Whenever you perform a true Magickal ritual you are using energy, a rather special kind of energy. The energy that you use is UNIVERSAL, that is contained in everything. It is also in abundant supply, it can never be exhausted. Imagine this to be like a natural spring which never runs dry. This source is not distant from you nor is it difficult to contact, no matter what others may say. It is your right to use this energy for whatever you wish because you have FREE CHOICE. Let me explain:

The Subconscious Mind

This incredible part of your mind is in constant contact with life's energies and it directs these according to your wishes. It does not know about limitations, obstacles, or the word "impossible". So why can't you make your wishes come true – why don't your rituals work if you really have this power? The answer is really quite simple when you understand HOW the subconscious mind works. Your subconscious mind responds to THOUGHT. By thought I mean deliberate thinking aimed at some objective. Everyday, fleeting thoughts are ignored by the subconscious for a very good reason – if every slight thought affected the subconscious they would all come true! Imagine the shambles that this would create! Fortunately, only SUSTAINED thought gets through and when it does the subconscious, like some vast computer, carries out your wish without any further effort on your behalf. In order to generate the type of thinking which will affect the subconscious we have to BELIEVE in what we are trying to achieve – the subconscious will then ACCEPT the directions being given and carry these out. This is a major cause of Magickal failure. The Occultist hopes and wishes for success. If you think about it, the

words "hope" and "wish" already suggest the possibility of failure. They are indefinite and they also imply the word "if". Trying to get your subconscious to accept an IF is bound to result in failure because the word IF, either given directly or implied, will not be accepted. Only positive and assertive thoughts count – in other words TOTAL belief.

There are additional ways in which the subconscious may be influenced and these involve using the EMOTIONS and the IMAGINATION. Any worthwhile Magickal ritual would use all three. The techniques of using belief, emotions and the imagination will be discussed in great detail throughout this book, for now, it is only important that you remember these points.

Life's Problems

The subconscious mind does not know the difference between "good" and "bad" – it only acts on the instructions that YOU give it and then carries these out – WHATEVER THESE MAY BE. If you believe something, it always comes true. Unfortunately, the ABILITY to believe diminishes with age due to "acceptance" of supposed "facts" and lack of practise – yes, I do *mean* practise! Children willingly accept (believe) just about anything that they see or hear, especially when very young. If these impressions or "values" happen to be wrong or harmful, because they have been accepted by the subconscious mind, they will continue to come true throughout life – that is unless they are changed. Fortunately, most people DO change most of these beliefs and so life gets better. However, the beliefs which go unchanged still carry on working, inevitably causing problems. Naturally, people then start to blame others, or usually they blame some intangible such as FATE or KARMA. Whole religions and philosophies have been built on this sort of inaccurate thinking. The fault lies not with misconceptions such as fate, bad luck or even with God, the real problem lies WITHIN your own subconscious mind. If this sounds simple – it is. The cause of problems lies WITHIN yourself: therefore the solution to the problem is not by blaming life, or anyone else, it is solved by substituting new and better beliefs for old ones. In addition, you now know that you have the power to do this and you also have the opportunity of bringing success, happiness and fulfilment into your life.

Correct Magickal Procedure

Magick is a science of the mind. Unfortunately, much in the way of absurdity and superstition has crept into Magick and so it is necessary to look at correct Magickal procedure if further mistakes are to be avoided.

The Place of Work

In order to work effective rituals you will need somewhere to work. This need not be elaborate, if you have a spare room, so well and good, if not then you will need to adapt circumstances to suit. The major consideration is one of PRIVACY.

Construction of a Temple

It is really quite strange that not many Occult books even mention a Magickal temple let alone tell you how to build one. The advantages of a temple, be this a permanent temple or something that is temporary, are enormous. This book is designed to put the record straight and help you understand why some kind of temple is essential to effective Magickal work. I will also tell you how to construct a complete permanent temple and how to adapt your circumstances. Effective Magickal work requires seclusion, few and far between are those talented individuals who can work a complete ritual entirely in their minds no matter where they are, this takes years of a dedicated practice. In the beginning you have to find somewhere that you can feel safe and are free from distractions, this in itself can pose quite a problem. However, before considering the problem of actual location in your own home let's look at an ideal temple. First and foremost it has to be secure, you cannot fully relax if there is any danger of someone barging in on you; in addition it also needs to be locked, to prevent someone going in there without your knowledge, a strong lock is always the best way to do this, together with some excuse should any one wonder why. Usually some convenient cover story such as a photographic darkroom does the trick, a little ingenuity goes a long way. Remember that the aim is security and peace of mind, not only when you are working, but during everyday life. Do not forget to put heavy curtains over any windows to keep out any prying eyes, the less people see the better. Keep your temple secret not for any superstitious reasons, but for your own security; if other people do not know they cannot discuss it and come to their own inevitable conclusions.

Now before you start to paint circles on the floor, hang up banners and make pillars, stop and ask yourself this: "WHAT IS A MAGICKAL TEMPLE AND WHAT DO I REALLY NEED IN HERE?" Well, a Magickal temple is nothing more than a workroom, albeit in a rather special way; it is, if you like, a psychic laboratory – a place where you try out Magickal experiments, where you meditate, where you relax, where you find peace. Keep all this in mind and plan your layout accordingly.

Magickal Equipment

For a start you will need an altar, not as a platform on which to sacrifice to the Gods but rather as a work surface on which to put candles, Tarot cards, weapons, and anything else you may need depending on the type of work being undertaken. The ideal altar is a double cube which consists of two hollow wooden cubes, one white and one black about eighteen inches square, these are placed one on top of the other with the white at the top. It is not essential to use this configuration, any convenient shape will do, but it does have the useful advantage of providing a useful symbolic shape in addition to that very necessary flat surface. Altar cloths are easily procured in a wide variety of materials and colours, generally it is best to use the colour of the energy being worked with. If you are, say, using Venus you would use the colour green, or if you are working with Saturn the altar cloth would of course be black. Quite often it is a good idea to have a floor design which represents some universal symbol, or other meaningful concept, a plain circle will do providing that you realize what this means. Do not for heaven's sake trace out a Magickal circle to keep out Demons and other unwanted entities, this is absurd, Demons exist in the mind – they do not suddenly appear in your temple to taunt you with frets and insults, such things belong to the dark ages when superstitious Magickians did not know any better. What they were actually doing was fighting the silly ideas given to them by the church, the true Magick circle has a much deeper meaning and it is not in any way defensive. Never bring superstition into a temple, always think about what you are doing before you act. The old idea of the temple being some sort of a battle ground is silly, archaic and unfounded, a temple in truth is a place where you work with natural energies which are totally beneficial, any equipment should reflect this idea.

Symbolism is very important in Magick, so if you are planning a floor design use a meaningful symbol like the Encircled Cross, not only does it look pleasing it also helps concentration because it is a valid symbol. Do not bother to copy the designs given in books such as the rather dubious "Key of Solomon," these are quite meaningless to most people and Hebrew God names are hardly likely to stimulate the mind in the right way, again do not bring things into the temple that you don't fully understand. Having decided on whether to have a carpet on the floor or a floor design let's now proceed further, the ideal position for an altar is in the centre this way you can walk around it and work to any direction you choose. There is a mania for working towards the East, but in reality this is not true – all four quarters are equally important. Next come the temple lights; light is a very important part of Magick so do avoid electric light, it is too artificial, candles or paraffin oil lamps give opportunity for ritual expression during lighting, and of course bring in colour. Usually five lights are adequate, one for the centre, and one for each of the four elements; the central light should be placed on or suspended above the altar. This light represents your link with Divinity and power, some workers prefer to burn lights continually as a sort of sanctuary lamp, but the choice, of course, is entirely yours. The elemental lights are placed according to the cardinal points of East, South, West and North. To represent these important gateways to power, there is no need to align these with the magnetic points of the compass, simply designate each of the four walls according to your needs and then have some means of placing the light on or in front of each wall; shelves, brackets and stands may be used, again it is entirely up to you.

The correct attributions are as follows. To East we have the element of Air, and there you should have a yellow light or candle. To South we have the element of Fire, which should be represented by a red light or candle; to West and the element of Water we have a blue light; and finally to the North and the element of Earth we have a green light. It is a good idea to have pillars, these can easily be made from plastic drain pipes, one is painted black the other white; lights can be placed on top if required. Pillars are useful as doorways you can walk through as you enter the temple, through an imaginary doorway, the basic idea is that one side of the pillars represents everyday life, the other side represents the Magickal world. There are of course many other uses which will be revealed

to those who take the time and trouble to work with these items.

Other useful ideas include a cupboard to keep equipment and robes in, and of course something to sit on. Now you have a basic temple and from then on you can add to it according to your choice and needs, let the temple grow gradually in the light of experiences and commonsense. Work in symbolism and think before you act, for instance: A small bell placed at the East to represent the element of Air. Incense is always a useful ritual aid, place your incense burner in the South as it equates to the element of Fire. You can also bring in natural items such as water from some holy well, or sacred site, this of course would be placed in the West and equates to the element of Water, perhaps in a blue or silver cup. A small mirror could be placed in the North as this symbolises the Magickal Shield, or a bowl of earth and so on. As you work with your temple, building it up gradually and meaningfully, you will notice that it acquires an air of peace and tranquility and that there is a noticeable level of energy which enhances your Magickal work, this is a sure sign that your temple is working correctly. Not only in the physical but also as an extension of yourself, permanent temples have many advantages, but what about those of you who cannot find the necessary space, the solution is to adapt your circumstances as best you can. Remember the main idea of security and peace of mind then plan accordingly.

Temporary Temple

There are two problems to overcome, one of space and the other of keeping people away while you are working. A little ingenuity soon solves most problems, let's consider a temporary set-up, which can be cleared away after Magickal work has been done. A bedroom is ideal, altars can be dressing tables that are easily converted by using an altar cloth, if you cannot find room for the four elemental lights, a single candle would do, pillars can be symbolized by candle holders and incense burners or joss-stick holders can of course be placed on the altar. Remember that Magick is not a RIGID scheme, it adapts to your needs. Have some cupboard where you can put everything away when finished, such a temple only takes minutes to set up and it is quite adequate for most work. Your next problem is one of keeping people out while you are working, here you will either need a strong lock on the door or some reasonable excuse which keeps people out, usually Yoga, Deep Meditation or Self-Hypnosis are good excuses which are

quite acceptable and allow you to stress that under no circumstances must you be disturbed during these sessions. There is always a solution to every problem, all it needs is a little constructive thinking, so if the ideal temple is not readily obtainable then think, plan, and adapt.

I would just like to summarize and repeat some salient points regarding what has just been discussed. These are:

Temple Equipment

Within this work place you will need some piece of furniture which will serve as an altar. An altar is not some piece of religious equipment, it is simply a work surface on which you will be able to place candles and other useful items which are needed during the ritual. This may be a simple coffee table, a dressing table, or whatever comes to mind. Ideally a double cube altar is best, this can be made from plywood, a good size is about eighteen inches square, thirty six inches high, or you could have two separate eighteen inch cubes and put one on top of the other. The top should be painted white and the bottom black. A good idea is to cover this with a clean altar cloth when working, as this helps to change the appearance from the mundane to the Magickal.

Candles, holders, and other equipment are a matter of choice – it is up to you. Do bear in mind that the more thought and consideration which is put into the choice of equipment the better. Don't rush out and buy any item in the hope that it may suffice. Magick does not work in this way. The more you become INVOLVED with your Magickal equipment and choice of these items, the better will be the result. Conversely, it does not follow that the sheer EXPENSE of some item will enhance it in some way. The real Magick lies within you – not in the equipment. No item of equipment, including candles, is in itself Magickal – it is only there to act as a FOCUS for the mind. For instance: When you are performing a ritual and you light a certain candle you are performing a symbolic act. It is not the CANDLE which attracts power, it is your MIND that attracts. The candle is merely an AID.

The main items you will need apart from the altar which has just been described are:

Four quarter stands, these can be made from wood or metal and painted in the correct colours of yellow, red, blue and green. A selection of altar cloths in the correct colours or in the beginning a

single altar cloth perhaps with an Encircled Cross in the centre, however, this is only a suggestion. Six candle holders. Four candle holders to symbolize each of the four elemental powers, one for the centre of your altar to represent your inner subconscious power and the other to symbolize your intention or energy being used, the shape and size is a matter of choice. Again, think carefully before you decide and don't be swayed by what the books say – make up your own mind. An incense burner, stainless steel ice cream dishes are very well suited for this purpose. Incense is always a good idea. Not only does it help to promote the right "atmosphere," it also serves to help focus the mind along the right channel. In the initial stages, I would suggest that you use a good quality general incense or joss sticks. Either of these will be a valuable aid. Once again, do remember that the burning of incense will never CAUSE something to happen, despite the claims of some uniformed suppliers. A cassette recorder and a selection of music suitable for Magickal work. Robes are optional but not essential in the early stages. It is usually better to spend the time perfecting your Magickal system in as simple a way as possible. Ideas about robes and so forth, will gradually occur with the passage of time and in proportion to experience.

Rituals

When you perform a ritual there is a set procedure which must be followed:

1. Think carefully about your INTENTION.
2. PLAN the ritual carefully.
3. Before starting, RELAX and push aside all thoughts of the day.
4. Perform the ritual and then SUSTAIN positive thinking, about the intention, over a period.

These vital points will be covered step by step in subsequent chapters but, for now, bear them in mind. You will also notice a great deal of difference between this approach and the techniques advocated in certain "grimoires". The difference, apart from the obvious, is that these techniques work – they make ALL the difference between success and failure! The purpose of any ritual is to bring together all those items which are relevant to the nature of the INTENTION of the rite. The intention dictates all. For instance: Suppose you were performing a healing ritual. This comes under the rulership of the Sun, so anything which SUGGESTS Solar energy would be included such as gold candles and

altar cloth, Solar incense (frankincense), sunflower or marigold flowers, and perhaps an altar symbol such as a Hexagram or Solar Cross. There are of course many items which would be included – details of these will be given later.

The purpose of all these items is to help FOCUS the mind along a certain channel, in this case the energy of the Sun. It is most important that rituals should only include those items which are truly in keeping with the nature and intention of the ritual. This is why most of the ideas in books do not work. Not only do they present a hotchpotch of generally non-related items which only confuse matters, they are also incorrect and based on hearsay, superstition, and often guesswork!

Planetary energies are said to “rule” all aspects of life. In fact, the planets do not, as such, RULE anything – this is a complete misconception. The truth of the matter is that everything which exists contains energy and it is possible therefore to group these energies under different headings. As a matter of convenience, all things were grouped together under certain well defined headings according to their similarity with the NATURE of a particular planet. For instance: The metal gold and the colour yellow are more in keeping with the idea of the Sun than, say, Jupiter. Similarly, lead and the color black belong to Saturn.

The classification of everyday facts into planetary groups is called the “doctrine of correspondences.” This idea has many uses in Magickal work and so it is essential that we use only those correspondences which are CORRECT. All too often, the lists of metals, colors, scents, and so forth given in books are not only absurd, but sufficiently misleading to cause serious problems.

The Timing of Rituals

Again, we see evidence of lack of thinking and superstition when we look at the timing of rites. Naturally, there are bound to be times when a certain planetary energy is more useable than normal. The charting of such tides of energy is a specialized job best left to those who deal in such matters. However, at this stage, it will suffice to say that the idea of a planet “ruling” a certain day of the week is pure superstition and that the so-called planetary “hours” are absolute rubbish! Neither of these ideas have any basis in FACT and you should always bear in mind that Magick is scientific and DEALS IN FACTS.

Practical Work

1. Read this chapter many times. Think about the ideas given to you and compare these ideas with those presented in other books. Establish firmly in your mind that YOU have access to unlimited power by using your subconscious mind.

2. Make a list of your beliefs and then ask yourself if these beliefs are justified. Suppose you had written “I believe in a power which is named God.” What evidence have you got that there IS a God? Even more to the point, what TYPE of God is this? Is the God “totally beneficial” or does the God exhibit the negative qualities of the Christian version? These are extremely important questions which need to be answered. Get to know about your beliefs because they INFLUENCE YOUR LIFE!

3. YOUR SELF CANDLE.

Select a candle which will represent YOU. Don't rush out and buy an old candle – think about this very carefully. What shape will it be, what size, and what colour? Take your time. Also, don't be influenced by what you have read in books. It's YOUR decision and you must come to this decision by yourself.

Set up your altar and place this in the centre. Sit down and spend some time relaxing and pushing aside any everyday thoughts (especially worries) until you are quite calm. If you are unused to being relaxed (as most people are) the following suggestions will be of help. You relax by LETTING GO, not by concentrating. Start by breathing slowly and easily then relax your feet and imagine that they no longer belong to you – they have disappeared. Work slowly through your body until you are completely relaxed. The next problem is one of relaxing the MIND. This is where most people have problems. The solution is quite easy. When relaxed, simply cast your mind over some pleasant scene. This can be imaginary or it can be a recollection from the past like an enjoyable holiday you once had. Relaxing the mind is easy if you remember that all you have to do is DISTRACT it away from everyday problems. This can be done as described or you can use other aids such as music, (not so-called popular music which is designed to bring out the worst in people). Classical music is valuable or any type of music written specifically for Meditation, Relaxation, Yoga, and so forth.

The use of incense is also strongly recommended as this helps to promote the right state of mind. Either use loose incense, which needs to be burned on charcoal blocks, or use incense (joss) sticks.

When you are relaxed, stand up and light your SELF candle. Sit down and think about this candle. It represents YOU, not the ordinary you but the REAL YOU. Do you remember what the real YOU is? Cast your mind over all that has so far been written concerning your subconscious mind and the power that you have at your command. The next step is to think about all the things that you need and want. Don't restrict yourself in any way – be completely positive and let your imagination work fully. Again remember that IN TRUTH nothing is impossible, all you have to do is INSTRUCT your subconscious mind and it is bound to come true.

It is very important not to let self-restricting ideas (or beliefs) get in the way. Treat this as an enjoyable exercise at all times. Whenever you come up against any negative thoughts such as “I can't” or “if only”, dismiss these and remember that you CAN. Never let APPARENT FACTS get in the way. As you will see, these so-called facts CAN be changed. Keep up this exercise for as long as you like and perform it once a day. Not only will you learn a great deal about yourself and life itself, you will also notice a difference in YOU. Keep up the practice and do not allow other matters to get in the way such as “I haven't got time today.” If you want to change your life and make Magick work for you you must be prepared to make some sacrifices and you must learn PERSISTENCE and PATIENCE. At conclusion, extinguish the candle and put everything away until the next session. It is a good idea to make lists of all the ideas which occur. These lists will be the subject for many rituals later on for they are your INTENTIONS.

Naturally, you can add to this list at any time. In fact it is always a good idea to spend odd moments looking at the things you have and don't have in order to decide what you really want. Knowing what you really want is equivalent to being halfway along the path to actually getting what you want, so think and practise these exercises for about two weeks or so before moving on to the next chapter.

2. Circles of Power

Magick is a science – the science of using the mind. This thought should be kept uppermost in your mind throughout your Magickal

work if you are to avoid the pitfalls which lie between you and success. With this in mind let us now look at the correct way to perform EFFECTIVE Magick rituals.

The best procedure is as follows:

1. Think out your intention first.
2. Plan the ritual.
3. Prepare for the ritual.

These are essential preliminaries. At the chosen time and with all equipment in place:

4. Relax.
5. Perform the ritual.
6. Clear everything away.

These six points are all important steps to success so let's now look at these in detail.

1. Think out Intention

Numerous rituals fail simply because the intention was not clear in the mind. Remember that it is the MIND that you are working WITH, so it naturally follows that if this is in a state of confusion, good results are unlikely.

All doubts, fears and uncertainties need to be dealt with one at a time and be replaced with positive thoughts. No matter how long this takes it is essential that you do this in order to avoid problems later, for nothing is more distracting than experiencing a barrier of worries during a ritual. Think about your intention from all possible angles, root out all fears and so forth, and be POSITIVE. The end result must be that when you perform your ritual you KNOW exactly what you want and are confident of success. As an example: Suppose that your intention was to acquire a new car. You should spend some time thinking about this, gradually getting the image clear in your mind. You will need to decide on the make, colour and type of vehicle, whether this is new or second-hand, if you need good fuel economy, and so forth. While you are doing this certain doubts will come to mind. Do not ignore these completely, or let them take control, instead, look at these doubts – you can learn from them.

2. Plan your Ritual

The intention will dictate the nature of the ritual and, of course, the equipment used. Again, some time should be spent thinking about this carefully. For instance: How many candles, what

colour will these need to be, which incense will you use, what is the best time and so on until every last detail has been sorted out correctly. A good idea is to write a list which can then be used as a guide later on.

3. Prepare for the Ritual

Use your checklist to lay out all equipment and candles so that when you are ready to start, everything is in its place. The sole intention, up to now, has been to remove the chances of distractions and mistakes. Get into the habit of being meticulous in both thought and action. Cultivate positive thinking together with good habits and always bear in mind that your pre-ritual work largely dictates the outcome.

4. Relax

No ritual is every likely to be a success if you are in a state of turmoil and your mind is cluttered up with everyday thoughts. It is therefore vital that you spend some time relaxing and pushing aside all thoughts which are not connected with the intention of the rite. You may do this either in your place of work (now referred to as your temple), or any place which is quiet and free of distractions. Incense and soft music will be of great value in helping you to unwind.

When this is achieved, gradually concentrate on the intention of the ritual and build up positive thoughts concerning this. Start by considering the ideas given throughout, on universal energy, and the power within your subconscious mind.

5. Perform the Ritual

Having established **WHAT** you are about to do, **HOW** you are going to do this and **WHY** you are performing the ritual, the actual rite should be a relaxed and happy event, free from negative thoughts and problems arising from lack of planning. If something **DOES** go wrong, don't panic, take careful stock of the situation and see if it is worth carrying on. Don't let fear take over, stay calm and gradually come to a decision. If possible, carry on unless it really **IS** impossible, in which case close the ritual (more on this later) and perform the rite another day. If all goes well then again close as normal.

6. Clearing Up

If you are using a bedroom or any other temporary setup, you will of course need to clear everything away. There are two main reasons for this: 1). It is never a good idea to leave things lying around for others to see. 2). The act of clearing away helps to bring matters "down to Earth". The purpose of a ritual is simply to focus the mind on the intention and on the power to be used. Let's now look at this "power".

Universal Energy

Everything in creation contains energy and it is this energy, or power, which you use to attract more desirable circumstances and physical objects into your life. The instrument by which you do these things is the subconscious mind. The easiest way to sum this up is:

You – Subconscious Beliefs – Energy

You

You, as a human being, are far more powerful than you realize because you have the ability to **CREATE** using energy and directing this with your subconscious mind. At first glance, this may seem to be a massive over-estimation or a flight of fancy. Let me assure you that it happens to be **TRUE**. Your ability to create is vast and unlimited. In addition, you are using this power **ALL THE TIME** without being aware of this fact. The law is unalterable; in this respect, either you **CONTROL** this power consciously and direct it towards those things which are desirable, **OR** it will continue to work unchecked, possibly doing much harm to you and others. Magick is the art of understanding and controlling this power.

Subconscious

Your subconscious mind is **THE GOD WITHIN** or your personal power centre. Not only does it direct power on your behalf it also responds to direct instructions, whatever these may be, and provides answers to questions. **NEVER** underestimate the sheer power and vast scope which is inherent in this part of you. When you are dealing with Magick you are dealing with the science of instructing the subconscious mind and using its vast potential. Always keep this idea uppermost in your mind or your **Magickal** work may well fall into error through superstition and other unworkable concepts.

Beliefs

The subconscious will only act on an instruction if it is given in a SPECIFIC way. That way is through BELIEF. According to the laws of the cosmos anything which is BELIEVED is bound to come true and this is entirely due to the workings of the subconscious, rather than the more popular ideas of intervention by "beings" external to ourselves. Most people think that believing is difficult. This is due to the wrong approach. Belief is not something which we have to FORCE into existence. On the contrary, the reverse applies, so all we have to do is simply accept that something is true and hold to this despite the so-called "facts". In Magick, you must never let the supposed facts dictate how you are to think and act, these facts are there only to be altered if we so wish. Magick is concerned with altering these facts so that they become more favorable.

Creative Thinking

To influence the subconscious mind is therefore a matter of establishing a belief on which it can act. There are many ways in which this can be done, some are outside the scope of this book, others, more applicable, techniques will be discussed in full. The main key is one of using THINKING to establish a belief pattern which is then subsequently acted on without any further effort on your part. It is, however, the QUALITY of thought which matters – everyday thinking has no effect.

Your subconscious mind is only receptive to SUSTAINED thought backed up by FEELINGS and the imagination. In addition, your subconscious mind does not understand the English language (or any other system of spoken words), it only understands SYMBOLS which are given to it in the imagination. We will discuss the use of symbols in a moment, for now, let's look at the right and wrong way to perform a Magickal ritual.

The WRONG way

First, look up the appropriate ritual in one of the many 'informed' books, collect a few bits and pieces together, then, on the appointed day, say the words and hope that something happens. There are countless mistakes in this technique, any one of which will guarantee failure. A brief list would be:

1. Just because it happens to be in a book does NOT mean that it is correct. This has already been discussed in chapter one.

2. Those "bits and pieces" are very important because they are a link between you and the forces you intend to work with. They are not, in themselves, Magickal but they do act as a FOCUS for the mind and so need a great deal of thought applying to the selection of these items.

The Golden rule, with all Magickal equipment (including candles) is: PERSONAL INVOLVEMENT.

The more you put IN the more you get OUT. By this, I do not necessarily mean expense. To be truthful, a fifty cents candle is likely to be just as effective as one which costs five dollars. What really matters is the type of RELATIONSHIP which exists between the Occultist and the object of attention. At one end, we have the piece of equipment which is chosen either by superstition or without any consideration, while at the other end we have something which has been carefully thought about and, as a result, MEANS SOMETHING to the Occultist. The difference, when used ritually, is really quite remarkable.

3. Words, as such, mean nothing to your subconscious mind, only THOUGHTS count. There is a world of difference between SAYING words and MEANING WHAT YOU SAY! Suppose you were using the words "I desire wealth" in a ritual. You could simply speak the words OR you could speak them with conviction, with authority and with assertion. In other words you would confidently BELIEVE in what you were saying. Now do you see the difference between this approach and the absurd pleas for help which are advocated in books?

4. When performing a ritual you are ASKING of life because you are entitled to do this – it is your right. Universal energy is there to be used in any way in which although a wise person would consider all aspects before performing a ritual for some end result. You can have whatever you want if you ask in the right way, and you should always bear in mind that you are responsible for whatever you create. It makes good sense to think carefully BEFORE you set power in motion.

Do remember that although there is no doubt that there is intelligence behind life's energies, this God (or whatever you care to name it), does not pass judgement on your motives and actions, nor does it ever seek to control you. It is utterly against all cosmic law to presume that you are condemned or restricted by any God, spirit, or any other supposed external force or entity. The total truth is that you have 'total free choice' in the way you use the energies

which life freely supplies. If you wish to destroy yourself or others you can choose to do this (many have)! If you choose to live in wealth, happiness and abundance, the same forces are at your disposal. God, as such, will not stop you doing this; on the other hand, other people may not like what you are doing to them and may therefore exert THEIR right to stop you being a nuisance. It is so important to realize the truth of all this and then accept the conclusion that, as a result of free choice, you have to behave in a responsible manner. Before you decide on a course of action stop and consider this carefully especially if your desire concerns other people. Decide what you want, by all means, but do consider the likely implications as well.

The RIGHT Way

Remember that Magick is a SCIENCE and although it uses natural energies in perfectly natural ways it does need careful study and the understanding of certain laws and principles. Magick works providing that you treat the subject seriously, apply simple commonsense, and do not have the occasional “dabble” as though it was some sort of part-time hobby. One of the greatest Magickal rules is: Input = Output.

The more you put in the more you get out. There are no shortcuts or “instant” success formulae, it is all down to EFFORT. If you want results then you will have to work towards this. Also the QUALITY of input is important. Sane and realistic techniques get good results – trying to apply the superstitious garbage presented by most of today’s Occultists can only result in self-delusion and ultimate failure. Again, the choice is yours, but isn’t it worth the effort to acquire knowledge and power which can elevate you above the mindless “herd” instinct?

Symbolism

Having established that you need to exert positive thinking and believe in what you are doing, we will now look at another major key in correct Magickal work – symbolism. As stated, the subconscious mind does not deal in words. It responds only to thought that brings in the use of the IMAGINATION. Doubtless, you have heard of “visualization”. This, however, is not always a desirable way to do things, particularly if you are the kind of person who has difficulty in sustaining pictures in the mind. If you can do this easily, so well and good. If not, then do not spend your

valuable time straining to perform visualization exercises – this is quite pointless. Instead, use the far more natural technique of imagining.

Let me illustrate how the imagination works. This exercise is important so do not pass it by. All that I want you to do is describe an “apple” (without looking at one). Take your time and think about this slowly and deliberately. Now, I am not so much interested in the description as in the WAY in which you arrived at this. Notice, HOW you arrived at this description – you thought about the “apple” and formed PICTURES in your mind. You used your imagination. You also found out that this is perfectly natural and was not in any way difficult. The key is therefore:

Thinking in Pictures

Now try this: Sit down and relax while concentrating your mind on something that you would love to have. This can be anything you like. Again, take your time and do not rush. Above all else be POSITIVE, do not let unpleasant or restrictive ideas come in to your mind. Think about your desire almost as though this was a pleasant game, in the same way in which you would think back to some happy memory from the past. Spend as long as you like on it before returning to this lesson.

Once more, you have used your imagination to create pictures based on the thoughts which you held in your mind. Firstly, you can now see the difference between this type of thinking and ordinary, everyday thought, and secondly, you now have to realize that thinking in imaginary pictures can activate the subconscious mind which, in turn, will then direct power on your behalf, in order to achieve what you have been concentrating on. Before this can happen, however, we have to add one more ingredient.

Creative Thinking

Thinking about something, in the imagination, stimulates the subconscious mind into a condition of READINESS. It is unlikely, at this stage, to act on these pictures until you give it a positive inclination to do so. This is simply done by adding desire and positive assertion that you really do want the things that you are seeing in your imagination. The whole process is like a combination lock – unless you get the right numbers, nothing happens. So it is with creative thinking. The essential elements are:

- A. There must be some goal or end product.
- B. This must be thought about in the imagination.

C. There has to be desire to have or achieve this.

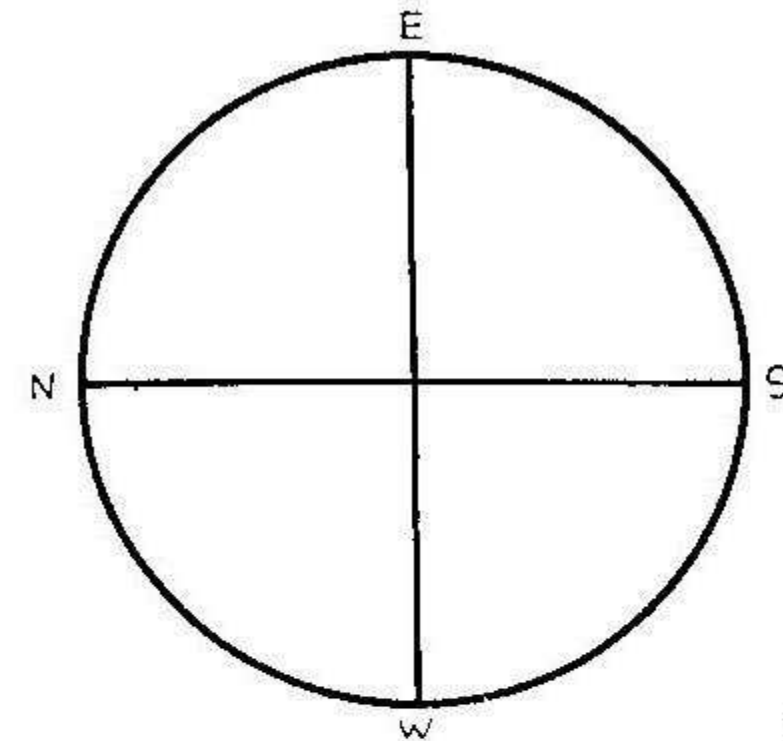
D. The whole process must be **POSITIVE**.

Creative thinking, by itself, **WILL** cause things to manifest in your life. This is the essence of "mind power" books and if practised carefully is bound to result in success. It is the last item on the list which causes the problems. It is simply no use imagining that which you desire while at the same time telling yourself that you cannot have this. All negative ideas have to be ignored during these sessions. You have to believe that you are **BOUND** to succeed and this, of course, needs careful practice. There are numerous ways to do this but by far the easiest way is to drive away negative thoughts by using the imagination in two ways. First, think about your desire in **EXPECTATION** or **ANTICIPATION** that it **IS** actually on its way and, secondly, spend some time imagining that you **ALREADY HAVE** the thing that you desire. This is not a children's game or some pointless pursuit – it is a scientific way of guaranteeing that you will get whatever you desire. Creative thinking works because you are presenting your subconscious mind with pictures backed up by positive instructions. Those pictures are in actual fact symbols in that they represent an idea. There are many types of symbols but without going into complications you need only concern yourself with two kinds. These are the imaginary pictures which we have discussed, and also **ABSTRACT** symbols.

There are many types of abstract symbols which can be used in **Magickal** work, however, we will concern ourselves with the master symbol – the Encircled Cross. This powerful symbol has many uses, the main one being that it can act as a key to subconscious power. In the event that you are not familiar with the Encircled Cross, there is a diagram in fig 1. This symbol is the true **Magick** circle in which we must work in order to be fully effective. Do forget all about those silly ideas in which **Magickians** stand inside a **Magick** circle while repelling Demons and other Astral 'nasties'. This is absurd and those who still insist on performing rituals in this manner are to be pitied – they know nothing of real **Magick**.

A **Magickal** ritual brings together (or should do) all those elements which are needed to influence the subconscious mind. The essential ingredients are: Creative thinking, equipment relevant to the intention and the nature of the energy being used and, of course, symbolism. Apart from the use of abstract symbols, all meaningful pieces of equipment should be symbolic. In other words they

The Encircled Cross



(Fig 1.)

must **REPRESENT** some idea. An example of this is your self candle which represents **YOU**. It is therefore **SYMBOLIC**. We will explore this in greater detail later in the book, for now, let's bring together all that has been discussed so far:

Practical Work

For this you will need: Your self candle together with four standard candles. These are the candles which represent the four gateways of power and you will need to obtain:

One yellow candle for the East and the element of Air.

One red candle for the South and the element of Fire.

One blue candle for the West and the element of Water.

One green candle for the North and the element of Earth.

If you cannot obtain coloured candles then you can use plain white. There are two ways in which you may lay out these candles depending on how much space you have available. If you are fortunate enough to have a separate room which can be devoted to **Magickal** work you may place the four candles on a suitable stand in the centre before the appropriate wall, e.g., yellow to East, and so forth. For those with less space, these can be placed on your altar in the following way. See fig 2.

E. East		E	
S. South			
W. West	N	SC	S
N. North			
SC. Self Candle		W	

(Fig 2.)

Do bear in mind that it is not essential to align these candles to the points of the compass. When dealing with Practical Magick the Magickal East should always be in front of you.

The purpose of this ritual is to familiarize yourself with basic Magickal procedure and build up a symbolic base on which to develop your Magickal abilities. Start by laying out the equipment, then spend some time relaxing the body and mind until you are quite calm. Do not rush! The next step is vital to open the ritual. This is vital to success and this, together with the CLOSING formula, acts as a positive ON/OFF switch which the subconscious will recognize an act on. Opening and closing formulae give you control similar to the way in which a switch can be used to turn electricity on and off.

Stage (1)

The opening and closing ritual is done in the imagination. I will give you an example which you can use together with suggestions as to how you may construct your own. An opening and closing is essential, this is the ON/OFF switch which helps you change from the mundane to the Magickal and also conditions your subconscious mind to the idea that you are going to be Magickally creative. It should NEVER be omitted. The only pieces of equipment that you will need for this are: A candle and holder, a box of matches, and something to stand the candle on. Place these on your altar in the centre of the temple. Now, before starting any Magickal work, it is essential to clear the mind of everyday matters and to calm down. So spend some time prior to each rite deliberately relaxing the body and mind. Do not even think about the rite, such thinking should have been done before anyway. Find some place to do this, either inside or outside the temple, if inside the temple have a small candle or oil lamp burning in a corner somewhere. Light this as you enter, this can also be a sort of ON/OFF switch. When it is lit you are about to use the temple and at the end of a rite you extinguish it to show that the temple is now

closed. Avoid electric light, oil lamp and candles produce a much better atmosphere. Burn some neutral incense or joss sticks as this helps the pre-rite relaxation. Sit down and relax for a few minutes, use pleasant music if you wish and when ready move to the centre of the temple and become quiet, thinking only that something is about to happen. When you are ready, strike a match and light the candle, put aside the matches, now think about what has just been done. You have not just lit a candle for the sake of brightening a room, you have lit this candle for a purpose, a reason. In Magick everything must have a purpose, never do anything without a reason or it may cause problems. Our purpose here is not just to light a candle, it is to open ourselves and our temple to Magickal power. To change our thinking and our awareness away from everyday living, to do something with intention while using an object as a focus of attention. Think about this very carefully. There is a world of difference between just lighting a candle and lighting it for a purpose, and this is the beginning of real Magick. Sit down somewhere and think about this, the flame you have kindled is different, it is special. It is like no other flame in existence. It was created by you for a reason. The more you think about this the more effective this action will be and the more you get involved with it the greater the result. Add some meaningful words to the rite like: "I now open this temple to the powers of light and attainment." Then light the candle. Pause awhile to contemplate this and then say perhaps: "I now open myself to light and truth." Now sit and think about the lighting of the candle and the words that you have spoken. There is no need to use my words, in fact it is better not to. Think up your own words, personalize your rituals so that it fits you and your requirements.

Having dealt with the opening of a rite we must now deal with its opposite – the closing. Just as surely as you must have an effective in, you must also have an equally effective out. Getting in does and should take up some time. Getting out is much easier and quicker, nevertheless, it is still an essential part of any rite, so you should give this as much thought as possible. At conclusion of the thinking session, the length of which is entirely up to you and your circumstances, stand up and declare that this is the end of the session, say something or at least think clearly that this is the end of the main work and you now intend to close down and return to normal. You could for instance say: "I now declare the work

finished, may benefits flow freely forth into my everyday life.” Once again think up your own closing statements, then move to the candle and affirm that the temple is indeed to be closed and that you are about to return to everyday living. Gently blow out the candle or extinguish it in some way that is meaningful, then pause awhile to remember that you are not destroying the flame, you are returning it to its own inner place where it is ready and waiting to return, whenever you have need of it. Then leave the temple, if you wish, and this is perhaps a good idea, keep a notebook and record any important thoughts that have occurred during the rite. There is no need to be a slave to this, whatever you fail to remember will come back to you, if it is of any relevance. You may also like to record other thoughts and ideas that occur at other times. Do this as these notes may prove to be of great value at some later date. Practise this opening and closing each day for a set period until it is second nature before moving on to the next stage.

Stage (2)

All you have to do is imagine that there is a door in front of you and on that door is an Encircled Cross; do not worry if you cannot hold a vivid picture, this is not necessary. A brief glimpse will do, as you practice more and more it will become clearer. This is your own temple of the mind. You then imagine that the door opens and that you are passing through this door. The next stage is to light your self candle, which of course is a symbolic representation of your inner power (your subconscious mind). Contemplate this, and the ideas given to you in this chapter, for awhile. Now imagine that right in front of you a circle of pure white light is forming around your body; let this build up in your imagination and travel around you. This is the beginning of the true Magick circle which we will develop later on.

Next bring in the idea of the four elements. It is not necessary that you understand the complexity of the fourfold system of power which exists within everything. All that does matter is that you erect a symbolic representation of this in your imagination. To do this, again use your imagination to see another doorway right in front of you. This door is coloured yellow and represents the power of the element of Air. See this open, letting bright yellow light into your temple. Now light the yellow candle which, of course, is a symbol of this power. Now imagine a red doorway to your right. This is the doorway of the element of Fire; see this

opening, allow red light to enter the temple. Light the red candle to symbolize this power. Now imagine a blue doorway immediately behind you. This is the door of the element of Water. See this open allowing blue light into the temple and then light the blue candle. Finally, to your left, see a green doorway which equates to the element of Earth; see this opening to allow green light to enter the temple, finally lighting the green candle to represent this. Your temple has now been symbolically opened and is now ready for the main Magickal work. I would suggest that you now burn some incense and once again consider your desires in the light of what has been written in this chapter. In other words use CREATIVE thinking.

Spend as long as you like on this remembering that input = output or, put another way, practise makes perfect. The more you practise this basic procedure the better because you are stimulating your subconscious mind into action by using a symbol pattern which it understands. At conclusion, you have to perform the CLOSING formula. This is quite simple as it is simply the REVERSE of the opening. Start by seeing the Northern doorway of Earth close firmly and then extinguish the green candle. Do the same with West (blue), South (red) and East (yellow), in that order. All that remains to be done now is to extinguish your self candle and see the circle of light which has formed around you disappear in the opposite direction to which it was formed, in other words counter-clockwise. Finally see yourself going back through the original door through which you came. See this door close firmly and then the closing will be complete. Practise this often, preferably once a day for the next two weeks. In the next chapter we will develop these ideas further.

3. The Cabbalistic Cross Ritual

Here, in the latter half of the twentieth century, man's awareness is expanding and his technology is advancing at an enormous rate. Science is helping to sweep away the fetters of religious dogma yet the great science of Magick is a SHAMBLES and its present day credibility is extremely low. Ask anyone about Magick and they

are certain to paint a picture of nude figures dancing in a circle while "calling down" the Gods. "Oh, Magick is all about spells and conjurations," they will say, or perhaps they will describe ritual sacrifice or drunken orgies. This is the impression given by Occultism, and its practitioners, to the general public. It never ceases to amaze me, how otherwise intelligent people manage to fall into the trap of applying mediaeval superstition to Magick while failing to see the absurdity in this. Their research and understanding of true cosmic law is almost nil and their gullibility is total.

The problem is one of a complete lack of BASIC technique – there is no cohesive plan and very little in the way of actual science. For Magick to work there has to be a sensible plan of action and a complete understanding of what is being done. For instance, you would not dream of building a house without a plan or going on a long journey without a map, would you? You COULD carry on without a plan, but look at the sheer waste of time and effort, not to mention the cost. It is exactly the same with Magick. There MUST be a plan of action.

Symbols are the key which unlock the doorways to power and so it is to symbolism that we must turn if we are to discover a realistic plan of action leading to Magickal success. The master symbol is the Encircled Cross. Like the circuit diagram of the electronic engineer this symbol is a plan of power to those who know how to use it. We will now examine this symbol in some detail in order to see how it works.

The Centre

The central point represents the power of your subconscious mind or the INNER self. There is nothing mysterious about the inner self, some times called the "Holy Guardian Angel" or the "True self," it is simply that part of you which mediates power and is connected to everything which exists or has existed. It is a perfectly valid technique to view the subconscious in this way, for example a personalized image (another type of symbol) to contact power and wisdom, we do this all the time. Things go wrong when this image becomes far removed and untouchable, the Christian God is an example of this absurdity. Here, the image has been allowed to take on a sinister and oppressive nature with the result that power is now restricted by BELIEF. As you now know, whatever you believe in comes true, which is why millions of Christian thinkers live in fear. How much better to build an image of a TOTALLY

BENEFICIENT God who will grant you whatever you wish and will answer all of your questions. Your ideas (image) of God determine what you get because creation (God) can only supply you with those things which are in keeping with your beliefs. Exactly the same thing is likely to happen with any other personalized images, be these Gods, Angels, Demons, Spirits or, of course, your inner self. The lesson is purely one of using only beneficial images which are free from self-restricting concepts such as:

1. Being beyond you to understand them.
2. Being elevated and therefore unreachable.
3. Being more powerful than YOU, therefore you must grovel, sacrifice or appease in order to gain "favour".

The power of the centre is YOURS. It is not distant nor is it difficult to contact and you must certainly do not have to degrade yourself in order to use it because it is PART of you. Treat your central subconscious power realistically by adopting positive and essentially beneficial beliefs. By doing this, you open up the channels of power rather than block them up with unfounded beliefs and superstition.

The Cross

This ancient symbol has nothing whatsoever to do with the Christian symbol of defeat – the crucifix. It is a symbol of power in ACTION, flowing from the centre, outwards along the four paths which make up the arms of this cross. A reasonable comparison would be the wires or printed circuits which connect electronic components and allow electricity to flow. Each path is said to be "ruled" by an element: Air, Fire, Water and Earth. They bear little resemblance to their physical counterparts, and should be considered more as four different ways of expressing power.

There is no need for us to discuss the complexities of these elements, it is sufficient to recognize that they exist, albeit on a symbolic level, leaving the subconscious mind to work through these four channels. In short, if we make provisions for power to flow through its natural elemental channels, the subconscious will respond and it will, of course, do this far better than if we ignore the elements altogether.

The Circle

As the central point is the beginning so the circle is the end and therefore represents completion. Everything created by the centre is

contained in the circle. All through life we form circles to a greater or lesser extent. Circles link together and, at the same time, they exclude anything which is not in keeping with the central theme anything from close friendships to secret societies exhibit these tendencies. Circles therefore ENCOMPASS and EXCLUDE. This principle is used in Magick, not as the now outmoded idea of standing inside a so-called Magick circle while resisting hordes of Demons and so forth, but more scientifically. Once more, the subconscious mind fully understands the inner truths of the circle and it will therefore suffice to use this symbolically in order to get full subconscious cooperation. This will be dealt with shortly, however, if you keep in mind the fact that the Magick circle is not used as a protective device, you will not go far wrong.

The Master Symbol

In chapter two we dealt with the Encircled Cross as a true Magick circle in which you work, and we brought in the idea of symbolism through the use of candles. We will now extend the scheme. The Encircled Cross has, up to now, been a flat design and, as such, is still quite valuable. However, just as we live in a three dimensional world, so we must now construct a similar symbolic base for Magickal practice. This leads us to the concept of using the "Pentagram" rather than the plain circle. Do not be put off by the apparent complexity of the following procedure, it really is quite simple to follow with a little patient practice and the results are well worth the additional effort, as you will see.

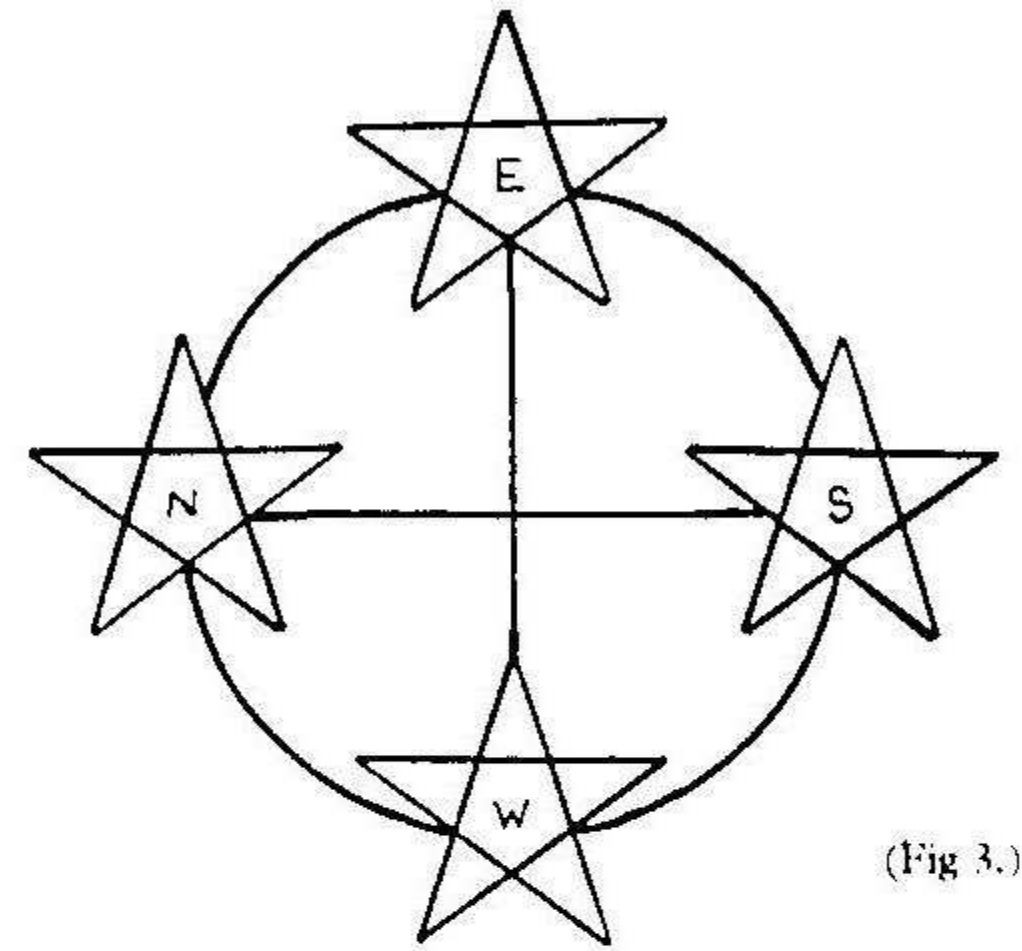
The Opening and Closing Ritual of the Pentagram

In order to help you visualize this "ritual", a diagram is presented in Fig 3. Study this carefully and get to know it.

The erection of the Cabbalistic Cross/Pentagram ritual starts at the centre from which radiate four paths joined by the circle and four 'stars' known as Pentagrams. To ritualize this is quite simple and is divided into two stages for convenience.

Stage 1.

This is simply an exercise in getting to know the procedure and may be dispensed with when you are fully conversant with the basic technique. Start, as always, by relaxing and clearing the mind of all mundane thoughts and so forth, then imagine a point of bright light inside yourself at about heart level. See some of this light



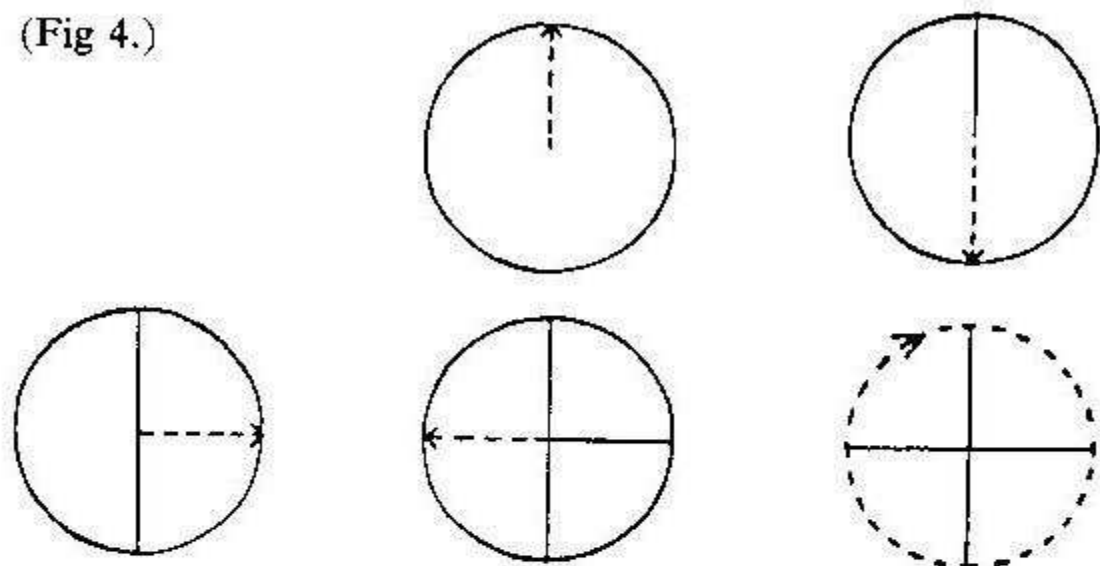
(Fig 3.)

transfer to the central candle, then light the central candle facing the quarter you have designated as East, and declare the temple open perhaps with words like this: "Behold this outer representation of my inner power." Now see in your imagination an Equal Armed Encircled Cross, some times called the Cabbalistic Cross. See this extending outwards from the centre of the flame, you may if you like draw this in the air with your hand or Mugickal dagger as brilliant white light pours out of your fingertips or the tip of your dagger, use whatever means you can think of to fix this in your imagination even only for a second or two, as long as you are aware that it is there, this age old symbol is the "Cross of the Elements". By constructing this in your mind you are putting your mind in touch with the elements in a rather special way, add meaningful words like: "Behold the Cross of Creation" or perhaps "Before me shines the Encircled Cross of the Elements." Do not worry if you cannot hold a vivid picture, this is not necessary, a brief glimpse

will do, as you practise more and more it will become clear and the habit of repetition will compensate for the apparent lack of visual. A diagram of this is given in fig. 4.

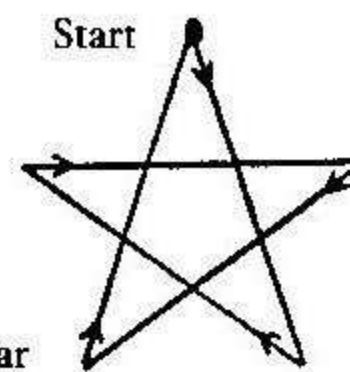
The Encircled Cross

(Fig 4.)

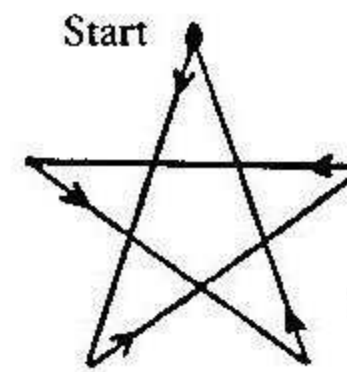


Now you have to form the arms of the Magick circle. Start by imagining a beam of light proceeding from the central candle to a distance of about four feet, towards Magickal East, which, of course, lies in front of you. Repeat this with Magickal South (right), Magickal West (behind), and finally, Magickal North (left). All that remains to be done is to complete this by adding the Magick circle and four stars (Pentagrams). The Magick circle you are familiar with starts at East; however before erecting this trace out the first Pentagram in the air in front of you (use the Invoking Star when "Opening" the ritual and the Banish Star when "Closing"), see the diagram of these stars in fig 5. When you have traced the Pentagram stab it in the middle and proceed in a clockwise direction, through South, West, North and back to East once more, making sure that you trace a Pentagram at each of the quarters (cardinal points) before continuing with your circle. The opening and closing ritual of the Pentagram is now complete for stage one.

To close simply REVERSE the procedure, finally seeing the central light disappear. Do remember that it is not important that you hold a vivid picture of this in your mind or strain to SEE this. Follow the guidance given on the use of the imagination in chapter two. Relax and IMAGINE that this is being constructed around



Opening Star



Closing Star
(Fig 5.)

you. Your subconscious will understand what you are doing because you are thinking CREATIVELY. Children have the gift of imagination and have little or no difficulty in living in "other" worlds. They know how to PRETEND. There is nothing wrong with pretending, if it is used constructively, so PRETEND that you are erecting the Cabbalistic Cross ritual and let go of the restrictions which will tell you that this is silly – I assure you that it is not, in fact you will find this technique advocated in many 'mind-power' books. Here, you are advised to act and think as though you ACTUALLY have the thing you desire. This is sound psychology and pretence in a positive form. Practise this exercise often before you move on to stage two. Do not rush through it, take your time until you are familiar with this ritual procedure and its construction. When you are satisfied that you are confident move on to:

Stage 2

In this stage we move into the realms of Magickal ritual by not only erecting the symbol but by using objects to SYMBOLIZE the opening and closing procedure thereby adding more impact on subconscious levels. Naturally, we will use candles as our focus of attention. For this ritual you will need the equipment described in the practical work of chapter two. These should be laid out as before and you should relax completely before commencement.

Imagine the inner light becoming brighter and more powerful, take your time and realize that this symbolizes your subconscious mind in action – think about this while casting your mind over all that has been written about the subconscious and its potential. Then see some of this light transfer to the central candle which now symbolizes this inner power, in other words you now have a physical representation of this power rather than a plain candle. Now light

the candle. Next, see in your imagination extending outwards from the centre of the candle the Equal Armed Encircled Cross (Cabbalistic Cross), you may trace this in the air with your forefinger or Magickal dagger while brilliant white light pours out. Again, using the flame as the centre point, see a beam of light go out towards Magickal East, then light the yellow candle to symbolize this point. Next see a beam of light travel out towards Magickal South then light the red candle, then see a beam of light travel out from the central candle to Magickal West and light the blue candle. Finally, see a beam of light travel forth towards Magickal North, then light the green candle. Now you must begin to construct the Magick circle. This is NOT done by drawing a design on the floor in chalk or paint, as some would have you believe, but by using your imagination once more. Simply imagine that a circle of pure white light is forming around you. The actual distance from you is of little consequence, usually this is the length of your arm which traces the circle. However before doing this, direct your attention to the point lying immediately in front of you, the Magickal East. Trace out a Pentagram star; look through the centre of the star and imagine that you are looking at a beautiful sunrise in which the welcoming rays of the Sun are bringing the Earth to life. There is a gentle, warm breeze blowing, the birds are singing and you are witnessing the birth of a new and exciting day. Now stab the star in the middle and continue around to the quarter of South forming the circle, as white light pours out of your forefinger. When you are facing Magickal South, trace another Pentagram star, through the centre of this star imagine a warm summer day with the Sun high in a cloudless sky, shining brightly. Feel the warmth and energy of the Sun. When you have finished, stab the star in the middle and continue around the circle to the Magickal West. Now trace out another Pentagram star and looking through the centre imagine the coolness of the evening. The scene has changed to a far-off sea shore with the setting Sun. Try to hear the waves rolling gently over the golden sand and the sounds of seagulls calling to each other. Stab the star in the middle and continue the circle round to the Magickal North. Trace out the final Pentagram and, looking through the star, imagine a night sky filled with shining stars. A bright crescent Moon shines down. Finally, continue the circle to Magickal East once more stabbing the centre of the star.

It is now time to take symbolic control of the elemental forces

which is done by bringing into play the four Magickal Weapons. In the traditional Cabbalistic Cross ritual this is done by invoking the four Archangels – however this is not necessary and is best left for more Esoteric purposes. The weapons can be used without the Talesmatic images. These images were used for the simple reason it was far easier to communicate with a human-form or hold a conversation with a human-like symbol than it was to talk or communicate with a Sword, and so forth. Now facing East imagine a Sword point up inside the centre of the Eastern Pentagram; in the centre of the Southern Pentagram imagine a Spear or Wand, in the centre of the Western Pentagram imagine a Cup or Chalice; and, finally, in the centre of the Northern Pentagram imagine a Shield. The Cabbalistic Cross Pentagram ritual is now complete.

The entire process is known as opening the temple. It will, with practise, serve to inform your subconscious mind that you wish to work Magickally. If you view this as a sort of ON/OFF switch, you will have a reasonable guide to its function. Temple openings and closings should NEVER be omitted from any Magickal work if you truly wish to make good progress and, at the same time, avoid problems. Control is what you are aiming for and Magick without control is either pointless or self-defeating. As in previous exercises, closing is effected by reversing the procedure, clearing everything away and returning to normal. At completion move to the North and see the Shield disappear and then extinguish the candle. Do the same at West, South and East seeing the appropriate Magickal weapon disappear and extinguish the candle using words and gestures. Then see the circle reverse itself starting at East in a counter-clockwise direction, seeing the Pentagrams disappear from view at the appropriate quarter. Finally see the four beams of light return back to the central candle, North, West, South and East. See the Encircled Cross above the candle fade from view, then extinguish the central candle, seeing the light return back into you and disappear.

The temple opening in effect puts your subconscious mind into a condition of readiness for whatever is to follow – in this case it would be the actual Magickal work itself. There is, however, an intermediary step which ACTIVATES the Cabbalistic Cross ritual in a very special way. This is not particularly difficult, although it will need some practise but it does not require any additional equipment – it is done entirely in the imagination. Having opened

the temple, using the circle and four Pentagramic stars, we now make use of a little-known technique which involves the use of an "Inner Temple". This is an imaginary temple which exists in the mind yet is extremely valuable and a powerful Magickal aid. All you have to do is imagine that you are standing in front of a temple; the shape, size and decor are entirely up to you – this is important because any Inner Temple must be INDIVIDUAL, it must be YOUR OWN. Spend some time thinking about this and give yourself lots of scope for temples because these are many and varied. As a guide, some people like to imagine something similar to a church or cathedral, others prefer a castle or even a stone circle. Take your time and ALLOW ideas to arise in your mind. Of course this need not be confined to a ritual, you can do this at any time. The only stipulation is that, whatever the nature of your Inner Temple, it should still have four doorways which equate to the elements. Here now is an example you can use or modify.

The Inner Temple

Just imagine that straight in front of you is a door, this door has a symbol of an Encircled Cross emblazoned on it. Touch the door and it opens revealing the inside of the temple, move through the door in your imagination. Let your attention be fixed to the uppermost point above your head and imagine that you see a crown. This can be as ornate or as simple as you like, let your imagination be your guide as to HOW this looks. It is your own ideas that matter rather than something copied from someone else or taken from a book. This point represents the outflowing power of "Infinite Intelligent and Life-Force", otherwise known as God. It should be regarded as a POSITIVE Father-force and may be visualized as abundant and beneficial energy pouring down into the temple. At the base, the symbol is a cube of solid rock which, in turn, symbolizes the Earth-Mother. Imagine fertile earth with the abundance of growth found in nature and try to feel the enormous energy of the Earth rising up to assist you.

Next, turn your attention towards Magickal East, see a door with a Sword point up floating in front of it. Imagine that you touch the door and it opens easily revealing the yellow energy of Air (see this as yellow light) flowing into the temple, and try to feel this energy blowing gently on your body. Turn your attention towards Magickal South, see the door and in front of the door is a Spear or Wand, open the door and allow the red energy to enter, feel the

warmth of this Fire-energy on your body. Now, direct your attention towards Magickal West and the door, floating in front of this door is a Cup or Chalice. Open the door and allow the blue energy to enter, feel the cool of this Water-energy on your face and body. Finally, look towards Magickal North and see the door, in front of the door is a Shield. The design on this Shield needs to be thought about but a golden Encircled Cross on a black background will serve you well at this stage. Open the door and see green energy come through, feel this Earth-energy heavy and firm around you. This exercise has the effect of increasing your contact with life's energies by suppling additional symbols to the existing scheme. Once again your subconscious mind will recognize these if they are practised carefully and patiently and the end result is bound to be one of more effective control. You must get the idea of control to the subconscious mind, and you must also get to know where you are going to direct this power; and the balanced learning involved here will take some time, so don't rush. However, in order to get maximum benefit from your Magickal work I will now give you an additional piece of information which is unique, original and unknown to most practitioners.

Having established the circle and the four Pentagramic gateways of the elements, we have a basic plan which cannot fail to serve us well if used with purpose. The only thing lacking, in our scheme, is something to symbolize the CENTRE in our imagination. There are many obvious advantages in this, if you care to think about it, one of these being that as the centre IS the subconscious, anything which symbolizes this is bound to be extremely powerful providing that we use it correctly. The idea of a central symbol is represented by a Magickal pool of water, in the centre of this temple. This symbol is valid for a variety of reasons which are outside the scope of this book, but rest assured that it will become a major factor in the success of your Magickal work. The use of the pool is fully discussed in other chapters and in the practical work, where this simple idea will be put into effective practice. To leave the Inner Temple simply see in front of you a door, allow this to open and feel yourself pass through into everyday life once more. Finally, close the Magickal circle, Pentagrams and so forth.

Candles

We have spent a great deal of time looking at the "inner" work, using the imagination. This imaginative work is the key to

success, without it there can only be failure and disappointment. However, this is part of the procedure, albeit an important part. The other half of Magickal work is concerned with the equipment which we use as a focus for the mind. By now, the ideas given in books, which advocate lighting a candle and speaking some poetic words in the hope that the "Gods" may oblige, should be seen for what they really are – SILLY! What is needed is commonsense and a more scientific approach and, hopefully, this book will go a long way towards giving you a more sensible basis for growth.

Always choose your candles carefully, think about them rather than purchase a packet of household candles from some hardware store. There are now numerous designs available, specially made for Magickal work. The more you think about your choice of candle, the better the end result for a very good reason. By doing this, you are getting INVOLVED in your Magickal work and performing the important function of building up a RELATIONSHIP between you and your intended focus – the candle. So often, this simple routine is missed out of Magickal work yet it makes profound sense from a variety of viewpoints. Become involved with your Magick and your equipment and you are bound to be more successful. Think about it this way: If you acquire something in a matter of fact way, you are unlikely to appreciate it, whereas if selection, choice and consideration are applied, the end product is far more satisfying and rewarding.

Never forget that a candle acts as a focus for your mind, in other words it is a point of concentration. Also, it is SYMBOLIC. It represents something tangible such as a desire, a person or even a type of energy. Unless you (and your subconscious) understand what each candle represents, or symbolizes, your ritual will be as pointless as trying to knit fog! In Magick, especially ritual Magick, each and every candle is a potent Magickal tool, not as some would have you believe, because the CANDLE is Magickal, but because it is SPECIAL by virtue of choice and SYMBOLISM. The lighting of a candle is also symbolic by virtue of the fact that you have ACTIVATED the intention which is an integral part of the candle. For instance, suppose that you had a candle which represented healing. This, of course, would be chosen with great care based on the nature of the desire and perhaps the type of energy being used. By itself, the candle therefore represents an INTENTION which is, at present, quite dormant. When the candle is lit, during the ritual, you are activating that intention in a unique

way. You are, in fact, saying to your subconscious mind: "When I light this candle, may all that it represents come true." As you can now see, there is a world of difference between this approach and the medieval practices which are advocated by other sources.

Practical Work

Read through this chapter many times, thinking about the ideas given. Practise the techniques of the opening and closing ritual of the Pentagram and the Inner Temple until you are fully conversant with these. The whole idea is that they should become second nature to you. Nothing can be worse than finding yourself halfway through a ritual wondering what happens next. Get to know your technique to such a degree that this can never happen. A good ritual should FLOW easily and this can only be achieved when you KNOW what you are doing.

When you are completely satisfied that you are familiar with these techniques, here is a very useful ritual exercise which will prepare the way for many types of Magickal procedures.

For this, you will need the candles previously mentioned together with an additional candle to symbolize a SPECIFIC intention. This candle may be any colour although white is best. Follow the guidance given on ritual procedure in chapter two. The intention of the ritual may be anything you wish, it is entirely up to you. However, do make certain that you are POSITIVE about this and that you remove all negative thoughts as suggested previously. Having done this, proceed with the ritual using the Cabbalistic Cross ritual – opening and closing ritual of the Pentagram and the Inner Temple. The intention candle, which should be placed in front of the centre candle, may now be lit. When this is done, focus your attention on the pool. See this turn into a fountain of water which glows with bright light. Allow this to build up in your imagination for a while and then see this light go out in four directions through the Pentagrams and elemental doorways carrying your intention with it. If you like, you may sit down for a while and continue to see this happening, all the time being positive, feeling and knowing that your subconscious mind is using energy to achieve this goal. At conclusion, see the fountain gradually disappear until you are left with a pool of still water once more. Extinguish the intention candle (this may be left to burn down if you prefer) and close in the normal way. Do not forget to back up the ritual by using creative

thinking whenever possible as this helps to keep the channels of power open.

4. *The Planets*

Magick is the science of using and understanding the subconscious mind – your personal God “within”. All else is subservient to this essential truth. Candles, robes, incense, chants, invocations, and so forth, are simply tools which, in the right hands, can successfully gain the cooperation of the unlimited power of the inner mind. How is this possible and what is the subconscious, after all we cannot see it or touch it with our fingertips? Well, despite the views of science, which insist that all must be measurable, you do not have to see and touch something to prove it exists. Can any scientist actually let you “see” electricity or present you with a half a pound of it? No, of course not – yet it DOES exist. You cannot “see” or even “smell” oxygen yet we know it exists in the atmosphere and that without it we would all die. The “proof” lies not in measurement but in USE. We use electricity, we use (breathe) oxygen and we use the power of the subconscious mind usually without knowing it. What is it that regulates our breathing or heart beat? What is it that heals our wounds or causes our body to grow when we were young? The answer is our subconscious mind or, to be more specific, part of this mind. Think about this and the countless AUTOMATIC functions within your body – all of these are controlled on your behalf without difficulty or any effort on your part. Can you imagine how difficult, even impossible, life would be if you had to think about these things and organize them yourself?

Leaving aside these matters, the subconscious is sufficiently large enough to handle ANYTHING that you ask it to do, in addition to carrying out all those things which you have already asked of it since birth. Little wonder that it is often known as the INNER GOD or TEMPLE OF THE MIND. For centuries, knowledgeable persons have tried to tell humanity that they ARE masters of their own destiny, that they really DO have power, and that the God “within” is the key to all things. Regrettably, few ever listen,

preferring instead to listen and adhere to the self-limiting dogmas of religion, the superstitious practices of modern Occultism or the rambling of the spirit guides. If you wish for success, happiness and power, do so by seeking the God within. You do not need a priest or a guru to do this, all you need is the determination to find that which is ALREADY YOURS – the limitless power of your own subconscious mind.

As this is a book of Practical Magick, we will confine ourselves to the ability of the inner mind to affect physical matter. How is this possible? Simply because everything on this Earth, or indeed in the whole of the Universe, is made of inert MATTER enlivened by ENERGY or life-force. Everywhere there is energy, nothing could exist without this. Change the TYPE of energy and you change the appearance and nature of the inert matter which contains this. For instance, a pear and a cabbage appear to have little in common in terms of shape, taste, growth and so forth, yet from a cosmic point of view, the essential difference lies simply in the TYPE of energy which each contains. Do not dismiss this as fantasy – it is not. The alchemists of old sought the secret of TRANSMUTATION, in other words the ability to change base metals into gold and there are stories that some succeeded! Modern science can now change the nature of matter by using nuclear bombardment to alter the atomic structure of certain materials. By doing this they are simply altering energy thereby proving the theories which sensible Occultists have been expanding for some considerable time. Let us accept that matter CAN be affected by virtue of altering energy within it while, at the same time, throwing out the mistaken concept that this can only be done in an atomic pile. Your inner mind uses life-energy to achieve results by changing energy to suit your needs. Once again, look at the automatic functions of your own body. When you cut yourself the wound heals and that ugly cut is transformed into new skin. A physical condition has been changed because your subconscious mind has altered this on your behalf by changing the appearance of the wound using natural energy. If it can perform what must surely seem like a minor miracle without any effort on your part, think what it can do if you give it precise instructions!

The ability of your subconscious mind to direct energy and thereby change the nature of matter is the crux of realistic Magickal practices, for in affecting matter we affect circumstances and therefore affect our entire future. There are alternative theories

such as “gifts” from the Gods, cosmic beings who look after the world (not very successfully you should note) and the really addle-brained philosophies of karma. Compare the two points of view. On the one hand you have the scientific concept of subconscious power while on the other hand you have the doctrines of despair backed up by “get-out” clauses which blame intangibles such as “God’s Will” or unprovable “karmic debt” when things go wrong as they inevitably do! Now is the time to consider these things and then make the more sensible choice of reality as explained by scientific Occultism. An essential part of Magickal training must be the understanding of energy in order that we may use it more successfully. This is done by CATEGORIZING energies under recognizable headings. For instance: Let’s take the idea of PLANTS. The word “plants” then becomes the main heading and immediately excludes all other things which exist on this planet. Now, we break this down into lesser headings such as vegetables, flowers, weeds and so on. Each of these could be divided further into varieties and species, and so forth. The whole object of the exercise is not to create complexity, for this already exists, rather it helps us understand the WHOLE subject far more easily. Just as any plant can now be identified and understood far better due to CLASSIFICATION, so can we apply the same idea to life’s energies. This is done by using the planets.

The Planets

Right from the start let us get rid of the silly idea that the planets, as such, directly affect life here on Earth. While it can be legitimately proved that the Moon affects the tides and so forth, it is wrong to assume that, say, the planet Saturn which is some several hundred million miles away and is barely perceptible to the naked eye, can have any DIRECT effect on Earth life. The mistake probably arose from a lack of understanding of the term “planetary rulership”. Any realistic astrologer or Occultist knows that the word “rule” does not imply control by a physical body existing in space. What is actually meant is that certain physical objects or events CORRESPOND to the essential NATURE of an energy which in turn EQUATES to the classical idea of the inner meaning of a planet. For example: The color red, the metal iron, enterprise, initiative and daring are all RULED by the planet Mars. This does NOT mean that the PLANET Mars affects these things, it simply means that the energy classified as Mars is predominant

in, or corresponds to, the objects and events mentioned. The word “correspond” should always be borne in mind when dealing with “rulerships”. In addition it leads us to the much misunderstood idea of the doctrine of correspondences or the doctrine of “signatures” as it is some times known.

Planetary Correspondences

It is vitally important that you use only the correct correspondences in Magickal work, not because the “Gods” will not be satisfied but simply because “like attracts like”. By this I do not mean that if you put a lump of iron on your altar it will attract the power of Mars – this is nonsense. What is meant is that, in the case of Mars’ energy, the ideas associated with the metal iron can help to stimulate the subconscious along the right channel. Can you, for instance, realistically associate iron with, say, love and beauty? Of course not, iron (in one of its forms) reminds us of weapons of war, these being Martian by nature. Similarly, the color red helps us attune to that energy represented by the planet Mars. Like attracts like by association and by stimulating the mind along the right channel. It naturally follows that to use ritual items which correspond to a particular planet will assist our Magickal work in a very scientific way providing that we use the right correspondences and we also throw out superstition. A complete list of accurate planetary correspondences is given at the end of this chapter and these can be used with confidence in all Magickal work.

Colour Correspondences of the Planets

Colours, scents, images, precious and semi-precious stones, symbols, herbs and trees, and so on, are known collectively to Occultists as correspondences. They correspond to or are in harmony with the planets, elements and the Zodiac and so forth; but none of these correspondences or attributes are in themselves Magickal. For example, placing a gold candle on a yellow altar cloth and using frankincense will not bring you good health, balance or harmony of being. Would you buy a hammer, a bag of nails and some wood, and expect them to turn themselves into a piece of furniture? “Of course not”, you say, “no one is that stupid” and as far as furniture goes you would be right – everyone knows that there is a lot more to making say a beautiful table than hammer, nails and wood. But when it comes to Occultism you would be truly amazed at the number of people who buy one of the trash modern grimoires,

purchase a few Occult articles, chant or write out some silly meaningless words of power and expect to win a large lottery that very same week, or meet a millionaire prince charming at the local bus stop – it might happen in the Hollywood movies, it does not happen in real life; sorry to disappoint you all.

Sight is our first impression followed by smell, hearing, touch and taste. The traditional correspondences were not arrived at by random chance, they were worked out and refined over many many centuries by wise and knowledgeable people. The colour you see with your physical eyes transmits in coded form to your subconscious which then links into a whole chain of correspondences or attributes attached to that colour. The same thing happens with scent, sound, taste and touch. All things in creation are composed of four elements, and the pattern of creation runs true to the two non-elements, and we will start here. Traditionally the cosmic starting point of the elements is Air, symbolizing life and to this goes golden yellow, the physical attributes also include the compass point East and the Sword of life. Moving clockwise we come to Fire, light and the color red; compass point South and the Spear of light or Rod of power. Water is next symbolizing love and the colour blue, physically these are seen as West, and the Cup of peace of fulfilment. Last comes the sum of the previous three, when Air, Fire and Water are fused together in the cosmic pattern, matter is produced, when light, life and love are joined; in a similar way law is established. The fourth element is matter symbolizing that law and the colour is dark green, the compass point is North where rests the Shield of law and the Stone Tablet of destiny. Perhaps the best symbology for those with a philosophical inclination would be the Emerald Tablet of Hermes Trismegistus, which clearly states that law to be: "That which is above is like unto that which is below," or the modern version: "As above so below", a very profound statement which contains far more than is at first apparent.

The Message on the Emerald Tablet

True, without falsehood, certain and most true, that which is above is as that which is below, and that which is below is as that which is above, for the performance of the miracles of the One Thing. And as all things are from One, by the mediation of One, so all things have their birth from this One Thing by adaptation. The Sun is its father, the Moon its mother. The Wind carries it in its belly, its nurse is the Earth. This is the Father of all perfection,

or consummation of the whole world. Its power is integrating, if it be turned into Earth. Thou shall separate the Earth from the Fire, the Subtle from the Gross, suavely, and great ingenuity. It ascends from the Earth to Heaven and descends again to Earth, and receives the power of the superiors and all the inferiors. So thou hast the glory of the whole world, therefore let all obscurity flee before thee. This is the strong force of all forces, overcoming every subtle and penetrating every solid thing. So the world was created. Hence were all wonderful adaptations, of which this is the manner. Therefore am I called Hermes Trismegistus, having the three parts of the philosophy of the whole world. What I have to tell is completed concerning the Operation of the Sun.

The Non-Elements

We next come to two non-elements, the point above zenith and the point below nadir; cosmic law is so harmonious in its balance that to every force or pattern there is an equal and opposite, the law is the binary or pivot around which the whole of cosmos revolves and evolves. The appointed colours are pure white and true black, both of which in reality are invisible; theoretically pure white contains all colours, so perfectly mixed that it is indiscernible to our human eyes. True or total black is an absence of all colour, a void or vacuum, and equally imperceptible and invisible to our eyes. Pure white goes to above zenith and is the point of perfect creation, total black goes to the point below and is perfect destruction, let me hasten to add at this point that the word perfect is accentuated in both above and below, and does not in any way bear the slightest resemblance to the way in which we as humans view creation and destruction. The first three elemental colours cannot be made from other colours, try if you wish with a set of paints. These are called prime colours, yellow, red and blue, yet mixed together in equal quantities they produce dark or khaki green. Now you begin to see how these colours match the cosmic functions, if the colours are mixed a fourth colour is produced, if the elements are mixed matter is produced and if the symbolic attributes are mixed law is the outcome.

Planetary Colours and Energies

We will start with the centre of the solar system, the Sun. To this goes gold and the appropriate scent or incense is frankincense; the Solar energies cover health, harmony of being and beauty. Next

in line comes Mercury, the planet of intelligence and communication; colour is an orangey yellow with lavender as its scent. Venus, the planet of love and money, is green, and rose is the perfume. We come next to our own Earth satellite the Moon, which governs dreams, intuition and the home, silver is the colour and jasmine the perfume. The red planet Mars is next, it rules over energy and discipline, incentive, and ambition; the scents are peppery, benzoin being the most popular. The affluent luxury and beneficence of Jupiter is next, ruling wealth and luck, the colour is blue and the perfume is sandalwood or bayberry. Saturn is next in line, it rules stability and protection; its colour is blue-black and the scent is sweet dark musk. With the planets which follow there is little reliable traditional information. To the Cabbalists they represent the supernals. Uranus rules the higher mind and original thinking, there is a choice between two colours, electric blue or ivory white; the perfume is lotus. Neptune is the governor of the higher emotions and transcendental thought; colour grey, and the scent is ambergris. Pluto, the powerful planet of transmutation, of life, death and rebirth is last; the colour is ultra-violet, but as that light is not possible to see with human eyes the colour violet is substituted and the perfume is patchouli or peat. We have covered planet Earth and the seven traditional planets and also the three outer planets, but only as far as their basic attributes, functions, colours and scents go; there are many other correspondences to each, and some more of these attributes are laid out in easy to follow table-form at the end of this chapter.

Using Planetary Energies

There are two distinct ways in which planetary correspondences can be used in Practical Magick. These are "outer" and "inner". Before proceeding with this important stage in your Magickal work you should be completely familiar with the previous chapters, especially the technique of opening the "Inner Temple". This is vital to success for the Inner Temple forms the basis on which to build a powerful and individual Magickal system. Up to now we have generalized and adhered to an "open" plan of action. Now we will bring in the idea of planetary energies by "attuning" the Inner Temple.

From an "outer" point of view, we will do this by bringing into our ritual physical correspondences which suggest the planetary


energy being used. As an example, let's consider a ritual which uses the energy of Venus. From your list you will see those objects which can be used. The colour green should be used as much as possible in the form of green candles and altar cloth, copper or copper-coloured candle holders, and perhaps an altar symbol consisting of the planetary symbol in green or copper-coloured on a green background. Use your own ideas and a little ingenuity – there is no substitute for personal involvement in Magickal work. The number seven is Venusian. If you have enough space (and can afford it!) use seven green candles or mark a single candle to represent seven in some way, either by seven equally spaced lines from top to bottom or simply by using the number seven itself. Also use incense which suggests Venus such as rose. As the prime Magickal direction for Venus is towards the North, place your candle(s) at this point on your altar. Should the central candle get in the way simply move this to some convenient place after lighting it during the initial opening of the temple. Remember FLEXIBILITY is the keyword. If you have to move things around this is perfectly correct and if there are any "Gods" looking in they will not mind in the least. The "inner" work is, as you now know, done in the mind, in the imagination. While, especially with experience, you can manage with very little equipment, you must ALWAYS use your imagination in any Practical Magick ritual. Failure to do so will inevitably result in lack of success. The attunement of the Inner Temple is quite simply to do with a little practice. Having opened the temple, as described previously, keep your intention in mind and light your planetary candle(s). Now, imagine the correct elemental doorway opening, and light in the appropriate planetary colour, entering the temple and lighting up the central pool. Impress the intention into the pool using a single keyword such as LOVE, HEALTH, or whatever. See this word on the surface of the pool or imagine that you are writing this in the water with your finger. Again, use your own ideas and preferences to help personalize the ritual. Now see the pool turn into a fountain of water, again glowing with the same planetary colour; then see the temple fill with the same light which then passes out through the four elemental doorways into the outside world. Pause for a while to contemplate this, not forgetting to be positive and to use creative thinking. To conclude, see the fountain revert back to a calm pool once more, see the light disappear then close the temple.

Using the Planetary Correspondences

Obviously, the INTENTION dictates which planetary energy you will be using. Having decided on this, it is then a simple matter to look up the appropriate correspondences and bring these into the ritual. Here is an example:

Suppose that you wish to bring abundance into your life, the planet which rules this is Jupiter. The colour is blue and this should be worked into the ritual by using an altar cloth, candle(s) and, if possible, candle holders in this colour. The Magickal direction is West. The incense is sandalwood or any good Jupiter incense. Gemstones aid concentration. Sapphires are expensive but much cheaper mineral samples are available, although any blue semi-precious stone will be of value. Place these on the altar in some prominent position. With regard to symbols, the planetary symbol may be marked or painted on the candles if so desired. The altar symbol also aids concentration and may be painted on to stiff card which can then be placed at some convenient point on the altar. Finally, setting up your altar is largely a matter of choice. Use your own ideas and ingenuity remembering that the more you get involved in a personal sense the better will be the end result. There are other useful symbols which are extremely valuable in aiding this "personalization" of your ritual. In this example, you could use a few oak leaves together with chestnuts to produce a pleasing decorative effect on your altar with perhaps some clover blossom in a small vase or bowl. Think about your rituals in this way and do not be afraid to try out new ideas - your ideas.

The Sun

Symbol: 

Keywords: Healing, vitality.

Colour: Yellow or gold.

Metal: Gold. (Gold-coloured items may be used).

Magickal Number: 6. Magickal Direction: Centre or South.

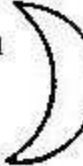
Incense: Frankincense.

Gemstones: Chrysolite, goldstone, diamond.

Altar symbol: The Hexagram.

Other useful items for ritual use: Sunflowers, marigolds, bayleaf, any citrous fruits, heliotrope, mistletoe, olives, rice, rosemary,

saffron, walnuts. Ritual uses: To gain confidence, fame, gambling, healing, heart conditions, honour, joy, dealing with officials in high office, organizing abilities, pleasure (all types), popularity, relatives, rich and powerful friends, speculation, sports, vitality.

The Moon
Symbol: 

Keywords: Home, the imagination.

Colour: Silver.

Metal: Silver. (Silver-coloured items may be used).


Magickal Number: 9. Magickal Direction: Centre or West.

Incense: Jasmine.

Gemstones: Moonstone, pearl, mother of pearl.

Altar symbol: The Magickal Cup or Chalice.

Other useful items for ritual use: Daisies, docks, water, iris, lilies, mirrors, pumpkins, wallflowers, water lillies. Ritual uses: Digestive troubles, discharges, domestic issues, emotional complaints, female disorders, gastric troubles, glandular problems, hypochondria, insomnia, pregnancy, protection, public dealings and public image, rest, romance.

Mercury
Symbol: 

Keywords: Communication, the mind.

Colour: Orange.

Metal: Mercury or Brass.

Magickal Number: 8. Magickal Direction: East.


Incense: Styrax or Lavender.

Gemstones: Agate, tigereye.

Altar symbol: The Caduceus.

Other useful symbols for ritual use: Fennel, hazel, horehound, lily of the valley, marjoram, valerian. Ritual uses: Absentmindedness, agreements (H.P. and legal), amnesia, anxiety, brothers and sisters,

buying and selling, cars, concentration, contracts, coughs, education, headaches, hearing, hygiene, indecision, intellect, interviews, intestinal troubles, knowledge, learning, lung troubles, memory, neighbours, nerves and nervous complaints, pneumonia, relatives, rumours, slander, speech, stammering, theft, transportation and travel (local), vertigo, worry.

Venus 
Symbol:

Keywords: Attraction, love, wealth.

Colour: Green.

Metal: Copper.


Magickal Number: 7. Magickal Direction: North.

Incense: Rose.

Gemstones: Emerald, onyx, rose quartz, all green stones.

Altar symbol: The Rose.

Other useful symbols for ritual use: Apple, blackberry, burdock, cherry, coltsfoot, daffodil, elderberry, gooseberry, grape, honey, mint, pansy, pennyroyal, primrose, rose, silk, strawberry, taffeta, vervain, violet, yarrow. Ritual uses: Affection, associations, attraction, companionship, contentment, desires, earnings, finances, fiances, friends, financial gains, happiness, income, justice, kidney troubles, leisure, loans, love and love affairs, luxury, marriage, money, ovaries, parties, partners, peace, pleasure, possessions, presents, profit, recreation, relaxation, riches, social affairs, throat troubles, wages, wealth.

Mars 
Symbol:

Keywords: Energy, drive, daring.

Colour: Red.

Metal: Iron.


Magickal Number: 5. Magickal Direction: South.

Incense: Benzoin.

Gemstones: Ruby, garnet and all red stones.

Altar symbol: Pentagram.

Other useful symbols for ritual use: Aloes, catnip, cayenne pepper, garlic, hawthorn, hyssop, mustard, nettles, onions, pepper, sulphur, tobacco. Ritual uses: Ambitions, appendicitis, blood pressure, burns, conquest, courage, cuts and bruises, self-defence, dentists, disputes, disturbances, enemies, eruptive diseases, enterprise, feuds, fires, fractures, hernias, inflammations, injuries, malicious attacks, migraine, operations (surgical), opponents, pain, pimples, rashes, scalds, self-confidence, valour, vigour, virility.

Jupiter 
Symbol:

Keywords: Expansion, luck, opportunities.

Colour: Blue.

Metal: Tin.


Magickal Number: 4. Magickal Direction: West.

Incense: Sandalwood.

Gemstones: Sapphire and all blue stones.

Altar symbol: The Cross.

Other useful symbols for ritual use: Asparagus, chestnuts, clover, figs, limes, maple, mrryh, oak, sage, sugar, velvet. Ritual uses: Abundance, affluence, benefactors, colleges, commerce, communications (distant and abroad), courts of law, diabetes, education (higher), personal esteem, foreign affairs, fortune, hope, humour, investments, judges and juries, law and legal matters, liver troubles, luck, pcts, prosperity, refunds, riches, taxation, travel (distant and abroad), universities, voyages, wagers, wealth, winning.

Saturn 
Symbol:

Keywords: Consolidation, limitation, stability.

Colour: Black.

Metal: Lead.


Magickal Number: 3. Magickal Direction: Centre or North.

Incense: Musk.

Gemstones: Onyx, jet, and all black stones.

Altar symbol: The Triangle.

Other useful symbols for ritual use: Barley, beech, blackthorn, cypress, ebony, elm, flint, fossils, holly, ivy, moss, rue, rye, senna, yew. Ritual uses: Building, business matters, chills, chronic ailments, civil service, cold, debts, delays, depression, dislocations, duties, the elderly, endurance, falls, fear, hair, inhibitions, invalids, land, obstacles, oppression, patience, profession, property, secrets, self-control, skin complaints, tranquility, warts, work.

Neptune 

Symbol:

Keyword: Inspiration.

Colour: White.

Metal: None. Coral or anything from the sea is useful.


Magickal Number: 2. Magickal Direction: West.

Incense: Ambergris.

Gemstones: Abalone, Blue lace Agate.

Altar symbol: The Trident, the Zodiac.

Ritual uses: Neptune rules the imagination and inspirational faculties of the mind; crystal reading, conscious-expansion, trances, premonitions, divination, dreams, enchantment, telepathy, visions, psychic faculties, confusion of the mind, disease of which the cause is hard to find, deception, drug addiction, hallucinations, obsessions, paranoia, lack of sleep, hysteria, drunkenness, inferiority complex, neurosis, obsessions, emotional depression.

Uranus 

Symbol:

Keywords: Sudden change.

Colour: Transparent, white or electric blue.

Metal: Platinum, uranium, (aluminium or zinc may be used).


Magickal Number: 1. Magickal Direction: East.

Incense: Civet.

Gemstones: Quartz, diamond or amethyst.

Altar symbol: The swastika or spinning cross.

Ritual uses: Uranus is the planet of change, the intuitional faculties of the mind and of independent action. Study of astrology, higher intellect, inventiveness, miracles, Occultism, sudden promotion, willpower, one's wishes, drugless healing, fits, hiccups, convulsions, cramps, disagreements, spasmodic diseases, disruptions.

Pluto 

Symbol:

Keywords: Elimination, transmutation.

Colour: Ultraviolet; use violet or luminous blue.

Metal: Tungsten, iron may be used.

Magickal Number: None. Magickal Direction: West.

Incense: Peat.

Gemstones: Garnet, bloodstone.

Altar symbol: The phoenix.

Ritual uses: Pluto rules complete change, removal of all that is outmoded to make way for the new. It is the planet of transformation and transmutation. Investigations of life after death, discovery (Occult secrets), use of hidden forces, legacies, self-purification, spiritual and mental regeneration, discovery of that which is lost, sexual problems, amnesia, guilt complex, getting rid of that which is unwanted.

Practical Work

1. Read this chapter through several times and absorb the ideas fully.
2. Practise the ritual techniques carefully until you are fully conversant with the correct procedure.
3. Get to know the planets and their correspondences so that not only can you perform a planetary ritual properly, you will also know which planet to use in any given situation.

5. *Perfecting the Art*

In this chapter we will look at some of the main ways in which your Magickal technique can be improved. This may be done in two ways, firstly by removing those things which stand in the way of success and, secondly, by using additional techniques and practices which will help us develop our art to a higher level. Let's begin by looking at:

The Problems

There are many problems which act as "blockages" to power, some are obvious, others are not. To begin with, the most powerful part of yourself is your mind – it can also be your worst enemy if left to its own devices. Any serious Occultist, worthy of the name, must eventually realize that in order to increase the chances of success and improve the quality of his work, he must gain mastery over his mind. By this I do not simply mean the subconscious mind – I mean your CONSCIOUS mind for this is where most difficulties start. Valuable though it is, the conscious mind is often the very thing that gets in the way both before and during a ritual.

How do I Protect Myself During Rituals?

Students who are new to the Occult may ask: "When using the principles advocated in this book how should I protect myself?" Well the first thing to consider is of course "protect yourself from what?" Any one new to Occultism could well be excused for presuming that Magick is dangerous, or to say the least, hazardous. Most people get involved with the Occult through books and even films and so suitably armed with some grimoire they launch forth into the world of Magick, armed with this so-called knowledge, presuming of course that the book cannot be wrong; in addition most people have formed an opinion of Magick which is likely to be wrong.

The stories of Dennis Wheatley are certainly highly readable, while films like "The Warlock" are at best amusing, but they have no relevance to what Magick is really all about. From an Occult point of view they serve to add to the superstition and fear which now surrounds Occultism. Many supposed Occult books do little other than add to the now familiar fear barrier, so prevalent in today's Magickal circles, rather than project commonsense they inevitably point out the fact that something "out there" is out to get

you; in fact this seems an obsession not based on reality, that whatever it is that you seek, it can only be acquired if one deals with something "out there". Put simply, there seem to be external entities to whom one must either grovel in order to gain favour, or must try to allude in case they run rampant within the confines of your temple. Perhaps the easiest way to imagine this is if we are to believe this train of thought is rather similar to a sort of cosmic running the gauntlet, in which you, the eager Magickian, is supposed to make the occasional dash towards your envisaged goal helped by the goodies – for a price, while the baddies seek to deprive you not only of your soul, but of your vestments as well. The latter point is made use of in certain covens where nudity becomes far more important than even the ultimate goodie, known as the "Horned God". From the entities' point of view humans must inevitably seem quite a stupid lot for not only do they provide amusement by sacrificing to the goodies, they also barter their souls to the baddies. Then again at the very least the Angelic or Demonic hordes must really look forward to the regular Saturday night get togethers, when in the name of the "Old Ones" otherwise sane and sensible people gayly trip around stark naked ("skyclad") within the confines of a Magick circle made out of string. Let us suppose that these entities did exist, can anyone truly believe that a piece of string or a salt circle is going to keep out some Demon? "Yes, I know that it has been consecrated," but consecrated by what?, these Demons are rather cunning if we are to believe the legends, so perhaps one of them dressed up as an Angel in order to fool the Magickian, what price the consecrated circle then; in any case these things only exist on the supposed Astral plane so a physical circle is not going to stop them. The entire concept of outside entities is wrong, and stems from two long standing mistakes, the first one was and is often made because of a complete ignorance of the rules governing the use of Telesmatic Images. A Telesmatic Image is a symbol to be used as a means of communication on inner levels; without going into great detail, this type of image is in certain circumstances a far more effective way of contacting and understanding life's energies and their purpose, for the simple reason that a correctly made image can be dealt with as though it were in actual fact a real person. It is no more real than the "Man in the Moon", it only appears to be real and it only exists in the imagination of the Occultist who uses it. All manner of Telesmatic Images have been contrived by passed workers, some are

now traditional, such as the Cabbalistic Gods, while others belong purely to individual workers; however, the golden rule is: If you are going to use these images it is vital to realize that they are the product of the mind and that they are symbolic; they are not real, nor can they affect anything on physical Earth. This is the problem of so-called Demons, here we have a Telesmatic Image which has been deliberately made to represent some undesirable aspect of human nature, say, for instance, greed; used properly the Magickian would use this as a focus in order to rid himself of greed.

This is a perfectly valid technique of using negative imagery to obtain a positive result; however a little knowledge being a dangerous thing certain silly people actually started to believe that Demons really and truly existed, and then proceeded to tell others of the supposed truth, the net result being that generations of Occultists now believe in Demons as a reality – even though this has absolutely no basis in fact. On the positive side we have just as much belief in the actual existence of Angels, and so forth, again without proof or without as much as a second thought, as a wise man once said: “And the blind will lead the blind.” The novice who has only the books, established tradition, or those who are supposed to be in the know to turn to, will naturally make the same mistakes and will continue to presume that there are indeed external entities controlling Occult matters, unless someone reveals the truth. Up to now that truth has been buried under heaps of superstition by those who should know better, but obviously do not. You at least have been given the facts in the hope that a new and better tradition will evolve.

If something goes wrong with a Magickal act it is all too easy to blame external causes for this failure, this is especially true in the case of priests, or other leaders who presume power but in reality have none. The trick is to put the blame on something which cannot answer back, anything will do as long as it is intangible and out of reach. These excuses for failure take the form of “God’s will,” “karma”, “luck” and a thousand other reasons. If you thought that this happened only in the distant past you would be wrong for it is still happening today, and in keeping with human gullibility, the excuses are still believed to be valid. There is in the final analysis only one person to blame for failure and that person is you – there are no Gods and there is absolutely no truth in the dogmas of karma and fate. The truth lies in the statement: “As a man thinketh in his heart so is he”. In short, the way you think

determines what happens every time, so failure is the direct result of wrong thinking and incorrect beliefs – there is no other cause. Therefore when dealing with all forms of Magickal work there really is no need to cleanse or purify the temple, nor is there any need to build barriers to keep out supposed evil entities, for in truth there are none. Sensible techniques based on reality and common sense are the answer to most problems, while at the same time avoiding those people or publications which advocate bowing the knee to some God or defending yourself against a Demon.

Negative Thinking

In order to gain power you must first start by looking at the way you think in everyday life. Look at the way in which you deal with life, in particular its problems. How do you react? Do you give in, presuming that there is no hope? Do you worry, and panic? Do you shy away and bury your head in the sand? – in short are you negative or positive? Always remember the true statement:

“As you THINK – So you ARE”

The type of thinking which you generally apply towards life will always dictate what happens next. In other words – if you adopt a negative approach, then you can only expect negative results because your DOMINANT thoughts are biased towards this. The less is simply one of changing your thinking from negative to positive. This needs practise but it is well worth the effort. Constantly look at yourself to see how you react and each time you find that you are being negative, stop, remind yourself that your thinking will effect the outcome, then change your approach to positive. You will find that negative thinking is a habit which has crept into your life and only by adopting a new and better habit can you be rid of it. These dominant, negative thoughts are bound to impinge on your Magickal work for they are part of you. By gradually ridding yourself of these, your Magickal work is bound to improve enormously. There are, however, other problems which directly affect your Occult work. Some stem from habit, others are more subtle.

Fear

This inevitably finds its way into Magickal work as a direct result

of the efforts of religious leaders who sought to eradicate any individual effort towards self-fulfilment. After all, people would not have much use for priests if they could do it themselves – would they? Fear of God; fear of the Devil; – fear of Demons; fear of hell and damnation; and fear of “retribution” – all these things are in our minds. They were put there by the church in order to keep YOU away from truth. Contemporary Occultism is just as guilty of this with its “warnings” of “Astral problems”, “karmic debts”, “materialism”, and the penalties for “misusing” Occult power for material gain, and so on and so forth.

There is only one answer to fear: **THROW IT OUT!**

You cannot expect to be successful if you are afraid of being attacked by “psychic” entities or fearful of the supposed consequences for daring to enter the hidden mysteries. Fear is a thought pattern, a **NEGATIVE** pattern – so good results are impossible. Do apply commonsense to your Occult work by looking at these fears in the light of reason. If you do you are bound to realize that these disturbing thoughts are untrue.

Superstition

Most modern Occultism is based on superstitions which range from wearing some “lucky” charm (just in case the rituals fail!) to the type of idiot who “worships” the Gods. A superstition is something which is believed to be true, yet, in the light of commonsense, can be proved to be false. They are, if you like, a sort of crutch which can be used to prop up an already failing belief in truth or a complete lack of self-confidence. Superstition has no place in “real” Magick so you are advised to root this out in order to be free to function in a far more effective way.

Doubts

Doubts and uncertainties cloud the vision and, more important, they confuse the subconscious mind. Be realistic. You cannot, on the one hand, ask your subconscious to do something specific while, on the other hand, telling it that this is not possible! Make no mistake, if you doubt – you cut off any chance of success immediately, for the simple reason that you cannot tell your subconscious to adopt two different approaches at the same time. Doubts are negative and, as you now know, negative thinking can only produce negative results. Once more it is a case of changing your thinking to a more positive mode so that when you perform

your ritual, you **BELIEVE** that you are going to succeed, that you **MUST** succeed – that you **CANNOT** possibly fail.

Everyone has doubts, especially the novice. The best way to beat this is by being determined to win no matter what doubts the conscious mind may try to throw up. Stick to your beliefs and refuse to waver especially if this happens during a rite. Eventually you will gain and acquire a new and better habit – that of **KNOWING** that you cannot fail.

Lack of Time

This is always held up as a good excuse for doing as little as possible while, at the same time, expecting things to improve all by themselves. Let me be absolutely blunt: If you cannot be bothered to help yourself then no-one, not even God, will ever lift a finger to help. The number of bone-idle Occultists who constantly moan about circumstances while, at the same time, pretending that they are too busy to do anything about them, never ceases to amaze me. It is very very simple: If you have not got time then either stop moaning and have the good grace to accept that you are a complete failure or **FIND THE TIME!** If you want something then you must be prepared to work for this even if it does mean having to give up some cherished part of life such as watching the television! The more you put in – the more you get out. That is the law. Always take your Magickal work seriously. If you treat it as a hobby or as some passing interest which revives when you have a problem, then you cannot realistically expect much in the way of success. Magick is not a part-time game, it is a way of life which can **CHANGE** your life.

Simplicity – the key to real Magick

Most Occult students will agree that whatever branch of Magick they choose to study, they are confronted with endless complications, confusion and, inevitably, a great deal of contradiction. In essence, Magick **IS** quite simple. It can be **MADE** complicated, for this appeals to certain minds, but it need not be. Practical Magick suffers from the same complexities as any other Occult subject especially when we look at rituals. The “norm” is to have numerous rites to cover every eventuality or remote possibility. There is, however, a far better way.

This uses the idea of just **ONE** ritual which can then be varied depending on circumstances and individual needs. The founda-

tion for this "Master ritual" has already been laid so now we will discuss this in more detail.

Words of Power

Up to now, we have not looked at the spoken word in rituals, instead we have concentrated on basic procedures in an effort to give a sensible framework from which to build a powerful and personal Magickal system. Just like candles, incenses, altar cloths and other ritual aids, words are a TOOL which, if used sensibly, can enhance your Magickal work a great deal. Just like all else in Magick, KNOW what you are doing (or saying) before you do it. For instance, there really is not much point in speaking the name of some Archangel unless you fully understand what that image means on conscious levels. Suppose you were told to say: "Oh, thou great Archangle Michael. . . ." Without understanding of the implications which lie behind the name "Michael", the statement would be pointless – it would mean very little. Now suppose you had spent a great deal of time working with the real attribute connected with this image and that you did fully understand the meanings behind the name – the result would be a far more effective "speaking". Let me take this one stage further by giving you some of the attributes belonging to this name. The Archangel Michael is a Solar figure who belongs to the element of Fire. Already, you have some information which is usable and, more important, RELATES to your Magick circle and four elemental stars, (Pentagram) gateways. The lesson is simply this: If you are going to speak the names of inner "beings", first realize that these are only IMAGES (most important) and, secondly, you must understand these fully before they can be of use. If you adhere to this advice you will not go far wrong. The alternative is to grovel to a non-existent "entity" in the hope that it may oblige. The speaking of words generally needs some consideration for it is not so much WHAT you say, as how you say it! Take the simple statement "I feel good". Now try a simple experiment. Say those words either out loud or in your mind. All you have done is to repeat a simple statement. No thought went into this. Now try saying those words with feeling – as though you meant it. Try this several times. Do you see the difference? Those words are beginning to mean something. Finally, repeat those words slowly and deliberately again with feeling, but this time use your imagination to see yourself "feeling good". Get totally involved in the idea of this

"good" feeling, in other words act as though this were true, believe it to be true – pretend that for the duration of the exercise, at least, this IS true. NOW do you see the difference? It is one thing to repeat words from some book, expecting them to work some sort of miracle, it is another matter altogether to speak those words with feeling, imagination and belief. Those simple words then become words of "power". The use of words is entirely up to you, you do not HAVE to use words. However, if you do, think about those words carefully, make certain that they MEAN something and give them power by using your imagination, and so forth. This need not be done out loud, it can easily be done in the mind without a sound being uttered. All that really matters is that the words are spoken with CONVICTION.

The Master Ritual

Here now is a complete ritual which will serve you well and can be varied according to needs. The words given are my own, use them if you wish or make up your own as you gain experience. It is presumed that the intention has been decided on and that the temple, altar, incense and so forth, has been organized to suit. After a suitable period of calmness and relaxation, stand up and approach the altar. Imagine the inner light getting brighter within your heart and say:

"From the infinite power of my inner silent centre do I construct my Magick circle."

Now see a shaft of light travel from within you to the central candle, light the central altar candle, and imagine an Equal Armed Encircled Cross extending outwards from the central candle and say: "Before me shines the Encircled Cross of the elements."

Now imagine a beam of light proceeding from the central candle to a point in front of you known as Magickal East; now imagine another beam of light travelling from the central candle towards the South; now see a beam of light reach out to West; and finally, see a beam of light travel to the North. You are now standing in the centre of an imaginary cross.

Now move to the East and say: "Behold the element of Air," now trace out the Eastern Pentagram. (Now look through the star and see in your imagination the Sun rising at dawn; feel the air blowing gently around you).

Light the yellow Eastern candle and say: "Behold this Eastern light which represents the energies of Air."

Stab the centre of the Pentagram and trace out the first quarter of the circle, while imagining bright light shining out of your fingertips. Continue to the South, then say: "Behold the element of Fire."

Now trace out the Southern Pentagram (see in your imagination the midday Sun in Summer burning brightly; try to feel the warmth).

Light the Red Southern candle and say: "Behold this Southern light which represents the energies of Fire."

Incense may be lit at this point.

Stab the centre of the Pentagram and trace out the second quarter of the circle, once again imagining the light, continue to the West and say: "Behold the element of Water".

Now trace out the Western Pentagram (see in your imagination the setting Sun over the sea, followed perhaps by clear water flowing from an underground spring; try to feel the wetness of the water on your skin).

Light the Blue Western candle and say: "Behold this Western light which represents the energies of Water."

Stab the centre of the Pentagram, and trace out the third quarter of the circle, continue around to the North and say: "Behold the element of Earth."

Now trace out the Northern Pentagram (imagine yourself standing in a field of corn illuminated by the starlit sky, bringing stability and solidity; feel the solid earth underneath your feet).

Stab the Pentagram and continue the circle of light around finally completing the fourth quarter to the Eastern Pentagram once more.

Now facing East say: "I now take control of all elemental forces. Around me are the four symbols of dynamic power." At this point in the ritual you may use the four Telesmatic Images of the Archangels if you like and hold the appropriate Magickal weapon.

Facing East, see through the Pentagram a Sword pointing up and say: "Through my true Magick Sword do I direct the element of Air."

Facing South, see through the Pentagram a Spear, Rod or Wand and say: "Through my true Magick Spear (Rod or Wand) do I direct the element of Fire."

Facing West, see through the Pentagram a Cup or Chalice and say: "Through my true Magick Cup do I direct the element of Water."

Facing North, see through the Pentagram a Shield and say:

"Through my true Magick Shield do I direct the element of Earth."

Return to facing East, say "I now declare this temple open and this Magick circle firmly established."

At this point, you may burn incense in preparation for the next stage - the INNER Temple. This is done by using the imagination to see a doorway before you. Pass into the Inner Temple, say: "I now enter my Inner Temple." Feel yourself inside, see the four elemental doorways and central pool.

Now facing East say: "I now declare the Eastern gateway open." See the yellow colour of Air inside the doorway. Do the same with each of the directions saying:

South. "I now declare the Southern gateway open". See the red colour of Fire inside the doorway.

West. "I now declare the Western gateway open." See the blue colour of Water inside the doorway.

North. "I now declare the Northern gateway open." See the green colour of Earth inside the doorway.

Now focus your attention on the upper point; see the crown which now has ten jewels set into it. Each one represents a planetary power and is coloured accordingly. (For example: Red for Mars, green for Venus, and so forth). Remember each planet you are dealing with and then see the appropriate jewel begin to glow with light. See the light get brighter, then imagine that it enters the temple through the four elemental gateways, filling the temple with colour. At this point it is a good idea to state your intention and light a symbolic candle to represent this. Now concentrate on the central pool, see this turn into a fountain of light (the colour will of course depend on the planet) and say:

"Through my subconscious mind do I direct (name planet) energy to accomplish my aim which is " (state intention). See the light pass out through the four elemental gateways (equally) carrying your intention with it. Now direct your attention to the lower point (the cube); see this glow with the same coloured light and say:

"I now declare that (name planet) energy has this day found fruition in Earth. From the highest, through the fourfold paths of power and into being, has thought merged with power to produce (state intention). May this, in truth, be so."

Pause for a while, using creative, positive thinking to SEE the result actually taking place.

The temple should now be closed by first seeing the pool become calm and saying: "Let there be peace."

Direct attention to the upper point, see crown disappear and say: "Let there be peace to the highest."

Direct attention to the lower point, see the cube disappear and say: "Let there be peace to the lowest."

The planetary candle(s) may now be extinguished or, if desired, it may be left to burn - the choice is entirely yours. Direct attention towards the four elemental points, starting at the North and say: "Let there be peace to the North." See the door close and extinguish the candle.

"Let there be peace to the West." See door close and extinguish candle.

"Let there be peace to the South." See door close and extinguish candle.

"Let there be peace to the East." See door close and extinguish candle.

Now see a doorway in front of you and leave the Inner Temple.

Finally say: "Let there be peace all around."

Close the Magick circle and Pentagram stars by reversing the procedure. Do this by seeing the circle of light begin to travel in reverse, starting from the Eastern Pentagram travelling in a counter-clockwise direction. Close each Pentagram in turn by seeing it reverse itself: you can trace this with your fingertips while seeing the light disappear or simply do this without moving. Then see the circle of light reverse itself to the Northern Pentagram, close this Pentagram. Now see the circle of light continue around to the Western Pentagram. Close this Pentagram, and continue to close the circle to the Southern Pentagram; then close this Pentagram. Finally returning to the Eastern Pentagram, and close. Now, while standing in the centre of the four shafts of light, which go out to each of the cardinal points, close these down one at a time beginning with the North. See this gradually travelling back to the central light; then see the Western shaft of light travel back from West to the central candle; then the Southern shaft of light travel back to the centre; and finally see the Eastern shaft of light travel back to centre. Now see the Encircled Cross which is above the central candle fade and disappear from view and say: "Peace is power and all power lies in peace." Extinguish central candle and see the light from the candle return inside you, say: "I now declare this temple closed and this Magick circle returned to normality."

Leave the temple and write up any notes.

The Master ritual will prove to be invaluable IF you take the time and trouble to learn and practice it. It is well worth remembering that no ritual can ever be fully effective if you constantly have to think what to do next. Good rituals are practised until they become second nature, only then can you concentrate fully on the "feel" of a rite or use the imagination to best effect.

Working for Others

There are many ways to do this Magickally, often ingenuity suggests the best way. However, here are a few suggestions.

There are several ways in which the subject (the other person) may be represented in a ritual. In Practical Magick it is best to keep things simple rather than go to the extraordinary lengths suggested in some books. Image candles and so forth, do have their uses if used intelligently in the light of commonsense but there are easier ways to do this. All that is needed is a single extra candle which then serves to symbolize the other person. This may be "personalized" by writing that person's name on it. In addition, you can also use the person's "Sun sign" if you happen to know their date of birth. In this case, the candle would be coloured to suit this. For your guidance, here are the correct colours to use for all twelve Zodiac signs:

ARIES.	RED.
TAURUS.	ORANGE/RED, or GREEN.
GEMINI.	ORANGE.
CANCER.	AMBER, or SILVER.
LEO:	YELLOW or GOLD.
VIRGO.	LIGHT GREEN.
LIBRA.	GREEN.
SCORPIO.	TURQUOISE.
SAGITTARIUS.	BLUE.
CAPRICORN.	PURPLE.
AQUARIUS.	VIOLET.
PISCES.	CRIMSON.

These colours work extremely well and are to be preferred to the confusing schemes found elsewhere.

Free Choice

There are two reasons why Occultists fail to get results when

performing rituals involving someone else. The first is quite obvious – failure is due to faulty techniques and lack of positive thinking or BELIEF. As this has been fully covered, I will refrain from going into detail. The second point, although being very important, is often completely missed, this concerns the “free will” of the other person. No matter what the books say, it is NEVER POSSIBLE to override the free will of someone else. Writers who claim that you can COMMAND people to love you, or respond to your every wish, are guilty of misrepresentation of the facts in addition to spreading ideas which are totally unrealistic. While it may be possible for you to gain a TEMPORARY change in circumstances, sooner or later the free will of that person will come into play and reverse the situation if he or she finds this undesirable. Always remember that YOU have free choice in whatever you do through the power of your subconscious mind – this also applies to others. They may not TRULY wish to respond to your wishes or fall in love with you; they may not even wish to be healed! This latter point is often overlooked in the presumption that EVERY-ONE wants to be fit and healthy or rid themselves of some ailment. Let me assure you that this is not always the case. Sometimes there is a deep rooted reason why a person is ill and, strange as this may sound, some people are quite capable of inflicting all manner of illnesses on themselves for the sole purpose of gaining attention or because they truly believe that this is their “karma” or “Gods will”. Now can you see why THINKING is so important? A person’s dominant thinking pattern can make life wonderful or a living hell, due to FREE CHOICE. They have chosen to think, act and believe in negative ways and so life’s energies cooperate fully producing all manner of problems and illnesses. Thought produces things – that is the law which governs all human affairs. Your prime task is to use this law to your advantage; however, when dealing with others, this may not be possible. By far the best way of handling this problem is to stop and think FIRST. Weigh up the facts BEFORE you act and then, in the light of truth, perform your ritual if deemed necessary, not forgetting to remove all ideas of commanding or compelling someone to conform to your wishes alone.

A final word ought to be said concerning the laws of cause and effect. Every cause has an effect and every effect has a cause. In Magick substitute the word “thought” for “cause” and you have a major key to power. Sustained thinking “causes” things to

happen, and what is Magick other than a way of sustaining a thought pattern in order to obtain a desired result? It is therefore vital that before you embark on some Magickal action you think carefully about the effect that this may have. Quite often, the would-be Occultists surges forth with great enthusiasm, performs his ritual, gets the desired result, and then wishes that he had not bothered because all the “effects” had not been considered. Take, for instance, the idea of winning a large amount of money. Sounds like a good idea, doesn’t it? Now really think about this and the dramatic side-effects which this would inevitably cause. Your entire life would change, you may well have to think of changing your home; of employing accountants to look after your new found wealth; of security men to protect you against thieves; of how to cope with begging letters; and all those “hangers on”, and so forth. Here a simple “cause” can produce many “effects” some of which are undesirable.

The golden rule is: Endeavour to consider ALL the facts BEFORE you act. Naturally, it is not fully possible to foresee every eventuality, for this takes a lot of skill together with that quality known as wisdom; however, the more you apply the idea of “look before you leap,” the better will be the outcome in a more general sense. This again particularly applies when dealing with others. Trying to force someone to conform to your needs is guaranteed to produce “effects” which are most undesirable – effects which will inevitably rebound on the instigator. This is the reason why “Black” Magickians and other fools are defeating themselves. Whatever a person “sends out” MUST return. Like attracts like, so if the initial intention was damaging the laws of cause and effect dictate that this will return to damage the idiot who caused this to happen in the first place. In addition, there is always the possibility that the person subjected to this sort of thing may well retaliate thereby causing even greater problems for the perpetrator of the initial crime. When dealing with others, always bear in mind the idea of “Do unto others as you would be done by.” This is especially true, not only for those who seek to harm others or restrict them in some way, but also for those who try to force someone else to love them, and so forth. Ask yourself this: would YOU like to have someone else dictating how you should run your life or how you should act and think? Of course not – so work your Magick with unselfish thoughts, seeking not to restrict or constrain. Keep your motives high, seek to harm none and

KNOW what you want. The laws of free choice and cause and effect will then work for you.

Psychic Problems

What do you do if psychic attack comes your way? How do you defend yourself? How do you know for certain that this is actually happening? The last question is more important than the others for all too often the would-be Occultist allows their most powerful tool – the “imagination” – to run amock. You could follow the practices described in Dennis Wheatley books or similar fictional works, or perhaps try out the advice given by the late Dion Fortune in her book “Psychic Self-Defence”. Regrettably, neither will work. Unless you know what you are doing and understand what you are saying, you may as well throw popcorns at the Demons of hell, that is if they bother to turn up in the first place. Let’s put aside all fiction, flights of fancy, and impractical and little understood symbols like the Pentagram and Hexagram, and move into the world of reality. Before you leap to the conclusion that you are under psychic attack you must ask the following questions:

1. Exactly what is “wrong”? Make a list if you have to, as this often puts things into perspective. Then be honest, how much of this is due to perfectly normal occurrences? Do also bear in mind that if you are a negative thinker, the chances are that you and no one else, is responsible for your own misfortunes. The human mind can literally achieve anything, for better or for worse and quite often without realizing it most people are their own worst enemies.
2. Exactly who is responsible? You must have upset “someone” in some way to cause them to do this sort of thing, or there has to be a reason for psychic attack. To sustain the effort required to cause another human being harm takes a lot of “know-how” and power; it is not a job for amateurs. The people who do specialize in this, and they do exist, also know about laws of cause and effect. So they are not likely to bother you unless you really upset them, or they are being paid well. You must ask: “Am I truly worthy of such attention?” This sort of thing takes skill and expertise. Your “local” coven or weirdo probably could not raise enough power to cause a hiccup, let alone Satan. So do bear this in mind.
3. If there are any psychic phenomena bothering you these also may be due to YOUR OWN inherent psychism, which is regrettably out of control. So rule (1), do not ever “dabble” in Magick. Get advice from a reputable Occultist and avoid spiritualism. Get your

Magick on to a firm basis using sound techniques. Rule (2), if you have not been involved in anything like this, please do not rush out and get exorcised. This is pointless, again seek advice from experts. They will help, usually without making any demands and unless they have to spend money themselves, you will not be charged either.

Most apparent psychic attacks are not psychic attacks at all, so ask these questions first and do get advice if you need it. Should you ever be unfortunate to suffer direct interference from someone else, or have unresolved psychic problems, the following ritual will most certainly help to stabilize the situation until either the attacker runs out of steam, which he will or the phenomenon recedes. Control is the KEY WORD, you must control your thoughts and calm things down, for “chaos” is the intention. Also remember that your antagonist is using energy: the same sort of energy that every Occultist uses. There is no difference other than one of intention. So you need control, calmness and energy. Here now is a way of using these to your advantage. When you are absolutely certain that something is wrong, first, find somewhere quiet. Then sit down and gradually gain control by breathing slowly in and out. Repeat to yourself often: “I am in control, I am calm”. Feel yourself becoming calm and getting stronger. Take as long as you like with this, remember that it is your opponent’s time you are wasting – not yours. Give yourself the positive thought that you do not have to “accept” the energy directed at you. You can and will reject it utterly. Gradually, see in your imagination a spark of bright light within your heart, which grows brighter and brighter, until it illuminates the entire room. See it pushing away all negative forces. This is not a silly exercise. This is very important and it DOES work. Again, hold this for as long as you like. Now, connect yourself to the highest and mightiest force in the Universe, call it “God”, “Divinity” or the “Universal Mind”, or whatever you like, but do realize and bear in mind that no request made to this power is ever refused. It is your right to contact this power and you are entitled to help. To do this erect the Magick circle and Pentagrams; see in your imagination a bright crown above your head; beneath your feet a cube of solid black stone. Right in front of you is a shining Sword in the middle of the Pentagram; to your right is a blazing Spear inside the Pentagram; to your left inside the Pentagram is a Shield which cannot be penetrated; and behind you in the middle of the Pentagram is a Cup which overflows with

power and goodness. Hold these images, believe that they are there because in truth they are. Now, imagine that you are surrounded by a fortress of solid stone (the Inner Temple), nothing can get inside unless you allow this to happen. Finally, use the pool; ask for help ask for power to defeat this attack. Do not be afraid and do not feel silly, just ask with sincerity. Stay calm and expect help, it will come, after a while you will notice that it is getting calmer and you will realize that it is over and that you are safe. This method works for a variety of reasons which are too lengthy to discuss in this short example, but, briefly, it works because you are employing control, correct symbology using the imagination and you are asking of life itself, in a way in which your subconscious mind understands.

If you wish to elaborate on this ritual by all means do so. The stamp of individuality can only help. Erect your circle and Pentagrams; enter your Inner Temple; use the fountain; use candles, one for your own inner light and four others to represent the Sword, Spear, Cup and Shield. As you see these visual images, light the appropriate candle. Also an image doll can be used to represent your attacker and this may be restrained in some way, usually by wrapping it in a cloth and burying it. Use a little ingenuity, as it is your problem, your imagination will suggest ways of dealing with the problem. Do remember NEVER to attack someone else, not even your assailant: you may be wrong and this person may not be responsible. On the other hand you are entitled to defend yourself against oppression like this. This rite not only works for psychic attack, it also helps to clear unwanted psychic activity. It may never happen to you, but in any case it can do no harm to practise this ritual, rather like a fire drill.

6. *The Cosmic Tides*

Magickal work can either be scientific or a haphazard affair based on supposition and carried out in the wrong state of mind. So far, we have looked at the main problems which confront the novice and you have been given sensible techniques based on universal principles. If you practise these techniques you are bound to be

successful. There is, however, one extra dimension which has not been mentioned – that of TIME.

There can be little doubt that there are tides of energy and these tides can be ascertained and used by Occult workers. In the past, man has tended to use ideas and techniques which are not wholly correct, so before looking at the correct way to use these tides, we will review these old ideas in an effort to clear away any misunderstandings.

Planetary Days

Planetary days, or “days of the week” as they are sometimes known, are quite pointless and are not based on any real flow of cosmic energy. In this system, which allows for only seven planets, each day of the week is said to be “ruled” by a planet. In fact the week as we know it has been designed to fit into this system. There were SEVEN known planets, so a “week” became SEVEN days. The interesting point to bear in mind is that had the ancients known of the “new” planets (Neptune, Uranus and Pluto) we may well have had a week consisting of TEN days instead of seven! The system of classification is now given. You will note that the days are ruled by an odd assortment of names: some belong to the planets, for example the Moon was derived from Roman sources while others are based on Norse Gods such as Woden. It is uncertain as to why this arrangement was adopted.

Days of the Week.

SUN	rules Sunday.	(SUN)day.
MOON	rules Monday.	(MOON)day.
MARS	rules Tuesday.	(TIW)'s day.
MERCURY	rules Wednesday.	(WODEN)'s day.
JUPITER	rules Thursday.	(THOR)'s day.
VENUS	rules Friday.	(FRIGG)'s day.
SATURN	rules Saturday.	(SATURN)'s day.

Classifications like this can be useful IF used with intelligence and the application of commonsense. For instance, if we decided to adopt the above scheme as a basis for Magickal work we must not make the mistake of presuming that the scheme rules what we may or may not do on any given day. The correct way to use this scheme would be to use this as an “index” or general plan of action. In other words, we would concentrate on the appropriate planet and

its associations during its day. Taking, for example, the Sun on Sunday we would think and perhaps meditate on the Sun and its attributions IN PREFERENCE to other planets. This DOES NOT MEAN that: We may not work with other planetary energies or perform other Magickal work during this day, or that Solar energy can only flow on Sunday. This scheme, if you wish to adopt it, is only a plan of action. It is not an accurate indication of energy flow and therefore it is INFLEXIBLE. To presume otherwise is not only sheer folly, it is obviously self-limiting. Likewise, to presume that some "God" or other "entity" is somehow controlling the day or how your life will be governed, is also absurd. It is also worth noting that this arrangement does not follow the so-called "natural" order of the planets which is SUN, MOON, MERCURY, VENUS, MARS, JUPITER AND SATURN, nor does this agree with the actual arrangement in the solar system. It CAN be used as a plan of action but it is NOT based on any natural phenomena or genuine Magickal tradition, therefore it has limited use.

Planetary Hours

Another favourite system is that known as the "planetary hours". You will see tables of these in certain books which pretend to offer this system as being valid and worthwhile. There are two main types:

1. Those which divide the day into twenty-four equal parts (twelve for the daytime, twelve for night).
2. Those which allow for the variation in length of daylight before dividing into twelve equal parts.

System one is invalid for a variety of reasons. Firstly, if we simply divide the day up into a set number of equal parts, we are making the same mistake made by the people who invented "clock" time. As you all know, the day is divided into twenty-four equal periods named "hours" – however, although the reasoning was quite sound, the actual measurement was inaccurate, the error being approximately four minutes per day. The accumulated errors give rise to the familiar "leap" year. This is necessary in order to bring "clock" time into synchronization with "real" time. Apart from the fact that clock time is not accurate, the idea of dividing the day into twenty-four equal parts is only valid at the equator. Similarly, splitting the day into two sections of twelve hours for daylight and twelve hours for night is again only applicable to the equator. In

our Northern latitudes, the length of days and nights varies constantly according to the time of year. System one is therefore quite useless. System two allows for the variations in daylight but makes the same mistakes of using clock time and of dividing day and night into equal parts. It is therefore quite useless for Occult work.

Forget all about planetary hours – these will only work if believed, as will everything, but it is far better to believe facts which are valid and true. This is where planetary hours fall short as they are arbitrary divisions of the day and night, planetary and elemental tides do exist, and there can be no doubt that certain times can be better than others for working rituals, but let's get this in perspective. Positive WILL directing the subconscious mind cannot fail, this fact above all else must be remembered in Magickal work.

Having now looked at the available systems and found them to be of little value, where does the Occultist turn for accurate information? The answer, as always, lies in the observation and subsequent understanding of REALITY. Only by using this approach can the Magickal Arts advance and become fully effective. Naturally, you will ask: "Where is this reality?" The answer lies in the science of astrology and in nature. Let's now look at some real methods of measuring and using the flow of cosmic energy.

The Planetary Tides

There can be no doubt among serious practitioners that any worthwhile Magickal system must be based not only on universal principles but on cosmic FACTS as well. The "days of the week" concept is not based on such facts and the so-called "planetary hours" are pointless, so it is necessary to look at other systems. These are many and varied, all have one thing in common – they are based on OBSERVATION. Since the birth of mankind, certain talented individuals have used the principle of observation to good effect, enhancing the quality of life in the process. It was only when Man observed the Sun and Moon, instead of simply looking at these bodies, that any progress was made. One example of this is the now familiar idea of using the phases of the Moon to determine not only when the tides will be high or low but also when to plant seeds. Here, observation of a planet has provided us with a useful tool in everyday life. Similarly, observation of the Sun gave rise to the idea of the four seasons. When the Sun approaches

the first degree of Aries or the Spring Equinox, the whole of nature responds by becoming alive again, as the Spring tide ruled by Air moves in, this is unmistakable especially for anyone who is sensitive and aware of power. In Summer the Sun enters Cancer with the Summer Solstice and the element of Fire pervades; once again there is a noticeable upsurge in power and in nature; on now to the Autumn Equinox where power starts to wane and nature brings forth the harvest; then finally on to the Winter Solstice where everything sleeps, to get ready for Spring once more. The tides of the Sun exist and we cannot change them but we can use them in whatever way we desire, the only thing to bear in mind is that it is easier to swim with the tide than against it, so to be a complete and effective Magickian you should have a working knowledge of astrology so that you can, if there is time, plan the best working of a rite based on the tides of the heavens, not planetary hours. A working knowledge is all that is needed, you do not need a degree in Astrophysics, your rituals will work with or without this knowledge, in the same way you can swim against the tide if you are determined enough or not aware that the tides exist. The direct observation of a planet and measurement of its movement through the heavens can therefore be linked with recognizable phenomena here on Earth. However, this is not the complete picture for there are more subtle energies at work "behind the scenes" so to speak. Planetary movements appear to cause effects on Earth and, especially in the case of the Moon, these are quite obvious. There are, however, other "tides" which also have effects on life and are not readily seen. The charting of these tides is part of the science of astrology. By astrology I mean the real science as opposed to the rather silly "predictions" given in newspapers. Astrology also divides the year into periods. There are twelve of these and they are known as the Zodiac. The scheme also allows for inaccuracies in clock time and, more important, it allows for the curvature of the Earth. This latter fact has been the biggest downfall of planetary hours charts. At the equator, the time taken for a fixed point on Earth to travel through each sign is approximately two hours. However, in our Northern latitudes, these times may vary from as little as fifty minutes to as much as three hours due to the curvature of the Earth. Despite this complication, it is possible to provide accurate charts of apparent Zodiac movement. Having established that there are ways of charting the Zodiac accurately we will now look at the idea of "rulership".

Each sign of the Zodiac is said to be "ruled" by a planet. Do not take the word RULED too literally, all that is meant is that a particular planet has an affinity with a certain sign. For those who are interested in such matters, there follows a list of these rulerships. You will notice that some signs are ruled by two planets, the older ruler is in brackets and the newer, more accurate, "modern" planet is also given.

Rulerships of the Zodiac	
SIGN	RULING PLANET
Aries.	Mars.
Taurus.	Venus.
Gemini.	Mercury.
Cancer.	Moon.
Leo.	Sun.
Virgo.	Mercury.
Libra.	Venus.
Scorpio.	Pluto (Mars).
Sagittarius.	Jupiter.
Capricorn.	Saturn.
Aquarius.	Uranus. (Saturn).
Pisces.	Neptune. (Jupiter).

These rulerships form the basis of real planetary hours charts as opposed to the inaccurate versions given in various books. Without going into complicated theory, it will suffice to say that when a Zodiac sign is prominent in the heavens, the appropriate ruling planet is then stronger and therefore more useable than at any other time, it naturally follows that during this time that any ritual involving the ruling planet stands a far better chance of working than at any other time during the day.

Timing of Rituals

Here are two methods to help you time your rituals. By now you should have an Inner Temple that is functional, so all that is required is to tune this to the planet in the same way as we tune a radio receiver. Laying aside complex Cabbalistic theories we will use two simple aids "planetary Glyphs" and "Colour". The planetary glyphs or symbols are to be found in any astrology book, the colours are the subject of much debate, use the correspondences found in this book. Those of you who use the "Tree of Life"

symbol will see that this does not entirely agree with some previously printed attributions, yet this system does have its merits if you explore a little deeper; and you should also bear in mind that certain lodges did have an habit of feeding false information to neophytes just to see if they would swallow it without question. Now, using the colour, symbol and the correct timing we will build up an hypothetical rite using the Sun. Traditionally the Sun rules healing, so here is a healing ritual. The circle, Pentagrams and Inner Temple should be opened as normal, right up to the point of changing the pool into a fountain: at this point impress the symbol of the Sun on the surface of the pool and then invoke the power perhaps like this: "I now call on my never-ending supply of Solar power." See the fountain rise high into the air, this time glowing with golden light; then direct the power as before, seeing golden light enter and pass through each of the inner doorways; also work into the ritual anything that is of a Solar nature such as gold or golden-coloured objects.

Here is the first method for the timing of a ritual or a series of Magickal workings. Now you should start a series of rites on a particular day according to the strength of the planet in question and what it is doing during the time of your planned ritual. In this case we would use the Sun, all the planets in the heavens travel around the Zodiac, making every aspect to every planet sooner or later, some times this can take years, as in the case of Pluto. Now, I suggest you use a series of seven rituals, at least in the beginning.

The reason for this is simple, you use three days to build up; one day to climax the rite and the last three days to tail off; this all depends on how long the influence of the aspect lasts. Spend time thinking very carefully about your intention, when this is firmly established work out the correct time. You will perform your ritual(s) when the planet which rules your intention is forming a good or favourable aspect to the same planet in your natural chart (birth chart), for instance when the Sun forms an aspect to your natal Sun then there is a flow of energy which is directly usable. If you were using another planet, for example Mars, then perform the rite when Mars is your natal Mars, in other words the planet Mars in your birth chart. Plan your rituals, what you are going to wear, what equipment you're going to use, your words and gestures, music, and so forth.

The second method concerns an exact impact point in your birth chart, which apart from being used to calculate the correct time for

Magickal workings, can also be used to pinpoint precisely the right time to charge Talismans, consecrate Magickal weapons, and also to create and energize Telematics images. I am referring to a certain astrological symbol which is to be found in a person's birthchart, known as the "Part of Fortune", more commonly known as Fortuna, this is symbolized by an Encircled Cross in the birth chart. Almost EVERY PLANET will make EVERY TRANSIT to the Part of Fortune EVERY DAY. This is because the Part of Fortune itself changes almost 360 degrees EVERY DAY depending upon the speed of the Sun and Moon and whether the Moon is ahead of the Sun or behind it, (it will vary from about 344 degrees to 376 degrees). The main factor in this is, of course, the Ascendant, which changes 361 degrees in a day. However these bursts of energy are very useful if you can work them out. This curious astrological symbol is little understood in contemporary astrology which has suffered from years of separation from the Magickal Arts, firstly in the hands of "Christian astrologers" and latterly in the hands of pseudo-psychologists anxious to divorce astrology from the Occult Arts in a vain attempt to render it respectable. The Part of Fortune actually represents a precisely calculated moment in time when any astrological configuration with which it is aligned, say a conjunction or even a single planet, can be invoked with phenomenally enhanced effect, the more so because Fortuna cannot itself afflict another planet. Thus its potential in Magickal workings is enormous so long as the moment can be precisely calculated, a problem which has become far simpler to overcome with the advent of computer technology. There are now available for most home computers astrological software which is a boon to all ritual Magickians and Occultists, the prices are very reasonable and means that any one with a computer can calculate these for themselves if they can obtain the correct programme or write one themselves. For those of limited means who need to calculate the old way, I can recommend "The Modern Textbook of Astrology" by Margaret Hone, or, of course, you could have an Aspectarian prepared by an experienced astrologer which covers the duration of the year. Your Aspectarian will become an exact guide as to which planet to invoke or meditate on and which periods to avoid. During the course of each day the planets will make several aspects to "sensitive" degrees of your birth chart. At these times the psyche is receptive to these energies, it flows freely and is therefore USABLE, your personal contact with power is at a peak and,

therefore, your chances of success are greatly improved.

The Building Up

While doing the first THREE rites "imagine what you want", what you will do with it when you have got it. Give all these answers to yourself.

The Climax

The FOURTH rite, indulge in the idea that you have whatever it was you were performing the ritual for. Feel it in your hands or beside you, feel the excitement, the relief that it's finally come.

The Tailing Off

The last THREE rites, you should spend appreciating your goal, your newly gained "intention". Imagine all the ways you are going to use this, the difference it has made or will make in your life.

Should A Time Limit Be Set For Achieving Magickal Success?

This is often a question I am asked and it is a matter of personal preference. I personally do set a time limit and I always achieve my objective before the time limit expires. Setting a time limit is a matter of confidence; do you believe in yourself and what you are doing enough to make it happen?, do you have enough courage to say: "I am going to achieve that by a certain date"?, and *know* that it will be so? People have said to me: "You must have had failures in the beginning." No! I have never failed. I have always achieved or acquired what I wanted. I am naturally asked how, by way of which system, what are my Gods or masters. My system is my own and Gods I have none. In my religion there are only three people, "ME, MYSELF and I," a full quota. I know me. I have faith in myself and the power that is I. If it sounds arrogant, it is not meant to be. For that knowledge once recognized is not arrogant nor is it humble, it is not proud, nor is it servile - it just is; it is an awareness; a recognition of self; and placed within the patterns of time and space.

I would add the following ideas, unless you are an adept, in other words you have complete confidence in yourself, you are unlikely to succeed by performing just one ritual. It is far better to perform the same rite over a fixed period, say, a week, ten days, a fortnight and so on. Persistence is the thing that matters in the early stages, by doing this you are more likely to get response from subconscious

levels, than pinning all your hopes on one single shot. It is important especially for the beginner that you do not set a time limit in which your objective is to materialize, the reasons for this are very complex. Simply concentrate on your purpose for a set number of rituals and then await results, allowing natural forces to do their job along natural channels which have a time scale all of their own.

As long as you keep the channels open by being positive and by expecting a result, then something is bound to happen.

Now it is up to You.

It is my sincere desire that you be successful in your Magickal work and, to this end, I have tried not only to give you a sensible basis for growth and valid Magickal techniques, I have also attempted to sweep away the idiotic ideas and superstition which is often presented as "Magick". Never forget that Magick is the science of using your MIND and that all equipment and so forth are merely a focus for your mind. From now on, whenever you light a candle in a ritual, it should be done in accordance with the principles given in this book. The alternative is one of reverting back to the pointless pursuits and unrealistic absurdities often given in normal Occult books.

There is always a choice and that choice is YOURS. The choice is simply one of either accepting FATE and other unrealistic dogmas OR accepting the truth that you HAVE power and that you CAN change your life for the better. Life will only ever seek to comply with your wishes, so if you choose the path of letting FATE govern your life, this will happen. If you choose the path of power, this also will come true. Life makes no distinction for it is your choice that matters. If you do choose power through the use of Magick, life will assist you in every way, providing that you make the effort by learning and practising the principles given within this book. I cannot do this for you or make this choice. All that I can do is to show you the way.

Incenses, oils and candles may be obtained from Finbarr. Please write specifying requirements.

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