

# The Book of Novicia, Chapter Eleven

We begin this lesson with a review of Chapter Three on Environmental Magick. Chapter Three began with two principles: That ...

**the “where” plays a significant role in Magick**

and

**the condition or state of the “where” is equally important**

If you recall, your assignment in the third lesson was to stop and look critically at your home and work environments with your Magickal eyes and take steps to make improvements. Now is the time to check your progress. If you made changes to assist the flow of your Magick, excellent. The Chapter Three exercise is not a task that you would do once and check off your list permanently. It is an ongoing, lifelong process. The more Magickal experience you accumulate, the greater will be your understanding of how various aspects of your physical environment might help or hinder your Magickal practice.

It's time to repeat the steps of Chapter Three from a new perspective.

## **AWARENESS IS KEY.**

And you have gained more awareness in the past eight months of study. This time, I want you to survey your home and work environments by sight and touch.

In the very first lesson we introduced the theory of vibration which is both Magickal and scientific. You are vibrating at a rate that has changed since you began this work – perhaps even dramatically. In order to be Magickally aware, you must fully comprehend and appreciate the fact that everything exists in a state of vibration – from the refrigerator that literally hums with electricity to the pebbles on the walk that would seem “lifeless” to the uninitiated. Things that belong to you sync with your vibration and become comfortable to you.

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When your vibration shifts, or jumps, there is a temporary state of chaos while things around you are pulled to a new state of vibration. When you are in rapidly shifting states of transition, as you probably are now, your vibration is virtually in a perpetual state of change. Sometimes, a thing may have properties that cannot align themselves with your new state of vibration. When this happens, the thing should be removed or discarded so that the energy in your vicinity flows freely and smoothly without obstacle or impairment. Such an environment is a joy to visit. Your guests can tell when you are at peace with your space even if it is on a subconscious level.

Go through your home and office and allow your hand to touch lightly on the furniture, objects, art, dishes, plants and also your clothes. Reach out with your awareness and see if you have any noteworthy reactions, positive or negative. As you run your hand over the things you have around you, watch for a hesitation or uncertainty (negative) or a hint of pleasure or satisfaction (positive). The negative things need to go. The positive things need to be brought forward to a place of prominence. The ease with which energy flows in your environment can be increased by recognizing the relationship your things have to each other. You've had the experience of moving something all around your house only to find that it simply doesn't "go" anywhere. That's just another way of expressing the truth that the vibration of that thing is out of sync with you and everything else you own.

*(NOTE: If it was something that was previously owned, take it outside and give it a smudge cleansing. If it still doesn't **feel** right in your home, get rid of it.)*

***Consider the above exercise preparation for the work ahead in this lesson.***

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I have told you many times that you need nothing other than your mind to cause powerful Magickal forces to cooperate and work on your behalf and this is true. However, it is also comparatively advanced Magick. Working on the principle that you must learn to walk before you can run, your path to proficiency can be assisted by physical aids to Magick. The vast majority of practitioners never venture beyond the use of physical aids or tools. Most don't even know that Magick without props and ceremony is possible. But that is neither here nor there. The point is that physical Magick is useful to you at this stage of your training and will help you with both confidence and results.

Magick is propelled by two forces: the intellect and the physical. Some forms of Magick rely on intellect alone, but not many. Some Witches and Magicians can manipulate physics and manifest results with intellect alone, but not many. **Most Magick is the result of cooperation between the designs and desires of the intellect paired with physical action and/or props that magnetize, sync or repel.**

Let me repeat this as it is an important principle.

**PRINCIPLE: Most Magick is the result of cooperation between the intellect and the physical.**

### ***SO WHAT IS PHYSICAL MAGICK?***

**Physical Magick is movement or any Magickal element or aid that is tangible.**

Walking through the steps of a typical plan -- you would identify a need and decide to cast a spell. At this point the spell has begun, but the Magick is purely intellect. Once you reach for a pen and begin to make notes on paper, you have introduced a physical element to the Magick. When the idea has taken shape, in the form of writing, notice it becomes more "real". That is the effect of combining Mental Magick and Physical Magick. Mental Magick plus Physical Magick equal the sum of the two parts, plus a third aspect of pulling the desire through the ethers into a state that matches the dimension you think of as "reality".

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The result is this.  $1+1=2+1=3$ . This logic would no doubt drive a pure mathematician insane, but, as Witches, I know you have no trouble with the concept.

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*Let me turn aside for a moment to present an example.*

*Twenty years ago, or thereabouts, I heard or read that the Norwegian classical composer, Edward Grieg, used to work in an upstairs studio where he looked out at a forest of pine trees. In fact, some enthusiasts claim to hear the movement of pines in his music. This image resonated with me head-to-toe and the mental imagery was Magick conceived. I write this lesson from my own upstairs studio that looks out at the tops of a pine forest. They are not Norwegian pines, but let's not quibble. To me they are more beautiful still.*

*I will not take the time to trace the twists and turns that brought me here, but I will tell you that, without physical action to support and reinforce the mental image, I doubt I could have managed such a dramatic manifestation in such a short time as fifteen years. Having recognized what I want, I began taking half day trips from Houston to The Woodlands, as often as possible, to spend time in the pine forest, bringing my physical vibration closer to a match with my mental picture.*

*You are not a body, but you are in one for now. A good Witch or Magician uses available tools and resources. Your physicality is a resource that can help you in the quest for tangible goals.*

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**KEY: MAGICK is like a perfume or essential oil. It mixes with the wearer's personal chemistry to become unique to each individual.**

*(NOTE: Again, this is exactly why prepackaged spells can't and don't work – with the possible exception of the person who worked the charm and packaged the spell who may not be aware of this principle. In the spirit of communal generosity, we'll chalk this up to benefit of the doubt.)*

**PRINCIPLE: The principle of twisting means that a spell directed toward a particular outcome twists and goes in a different direction**, sometimes comically so, but often to the distress of the Witch or Magician who is supposed to be in control.

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I mention this now because the principle of “twisting” is so closely related to the subject of Magick and the individual practitioner.

*(1st NOTE: Twisting is especially worrisome when using or combining herbs and oils that have innately powerful Magickal properties. Sometimes they may seem to have a mind of their own. We will identify which herbs have a reputation for twisting when we take up the subject of charming with plants early in second year.)*

*(2nd NOTE: The term twist is also used occasionally to refer to the final steps that complete a charm or spell, i.e. to twist the spell, particularly “uncrossing” spells.)*

Back to the Key – that **MAGICK mixes with personal chemistry to become unique to each individual. This is extremely important. It is the heart of the teaching at Seasons in Avalon; that there is not one Magick or one-size-fits-all Magick.** Magick principles will mix differently with your particular genes, talents and accumulated experience such that each and every one of us must develop our own System if we are to rise to the level of our Magickal potential. You must become your own authority complete with your own Magickal Law. Your MY-thology.

If you have a history of leading, you probably welcome that challenge. If striking out on your own is foreign to you, you may have felt a dash of doubt or insecurity flutter over your solar plexus. No worries. Right now I’m just showing you the mountain in the distance. Since you are nearing the end of first year, it’s time for you to know where we’re going and state the goal in absolute terms.

SIA students often write and ask if they can deviate from instructions. The standing answer is, “Yes.” **Unless I specifically say that you should not experiment with a particular instruction, you should feel unhampered and unbound to follow your own instinct, inner guide or voice.** If you have a desire or niggling feeling that you should try something different, go ahead and follow that lead. If it doesn’t work out, you can always come back to the beginning and start over. If it does work out, you’ll be on the way to establishing a set of principles that is your custom made Magickal bag.

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Your assignment in this lesson is to conceive an attraction spell you want to cast during the waxing phase of the coming moon cycle, creatively incorporating physical Magick into what you do. Every step, beginning with using your Seasons of the Witch, is designed to amplify whatever natural Magickal talent you have. Here are the steps:

1.) Begin by looking at your *Seasons of the Witch*. Find a thing or essence that will be assisted by major or minor Power energy; something that is high on your priority list of things you want to attract.

### **Example:**

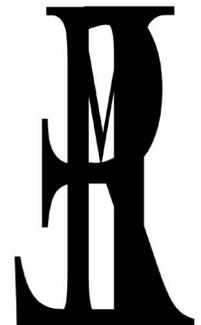
You notice that there is a PowerDay in the next cycle for FIRE ENERGY, PASSION, SEXUALITY. You want to take advantage of this opportunity because you recognize that you have been feeling more lethargic and apathetic than you would like. Success in myriad forms is fueled by this energy and you want some.

2.) Bring the spell into reality by marking it on your calendar with highlights and commit to it. I suggest you use a sigil rather than a word symbol. A sigil is a glyph designed specifically to serve as a Magick symbol. For this purpose it would serve as a symbol for the spell. That sigil works first as code known only to you so that no one else can interfere consciously or not and, second, the creation of the sigil starts the spell simmering.

We will delve deeper into the use of symbols in Magick in second year. For now, try this simple exercise. To create a sigil, write your Magickal goal down in simple terms. Ex. I am fire. Take out the vowels and repeating consonants so that the phrase is now MFR. For this example I have used all capital letters and inverted the "F". As you can imagine, no two of these could ever look alike.

Strange as it may be, when I look at this sigil, what I see is, "I am Fire!"

The paper on which you draw **the final version of your sigil should be burned in Circle as part of your spell AND SHOULD NOT be reused.** This sigil is unique to this spell and represents the work you are doing in this spell alone. If you are a person who wants to get the most out of this lifetime, but needs more fire to do it, you may stoke not one, buy many



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Fire spells. The "I am Fire" sigil should be created new each time. As you can imagine there are virtually infinite ways that letters can be arranged to form a unique sigil so that repetition is not a problem.

3.) Identify which of the four ancient elements is most closely related to the thing you want to attract. In this example it is fire, of course.

4.) Draw the spell on paper, preferably large white paper. Begin with a pentagram. (A pentagram is a five pointed star.) If you can embellish the lines of your pentagram with ivy leaves it will be helpful. All plants indicate life, but ivy indicates life AND growth.

Now take a creative inventory of your resources to see what you have that could be used to accent the nature of the spell – in the case of passion, that would be fire:

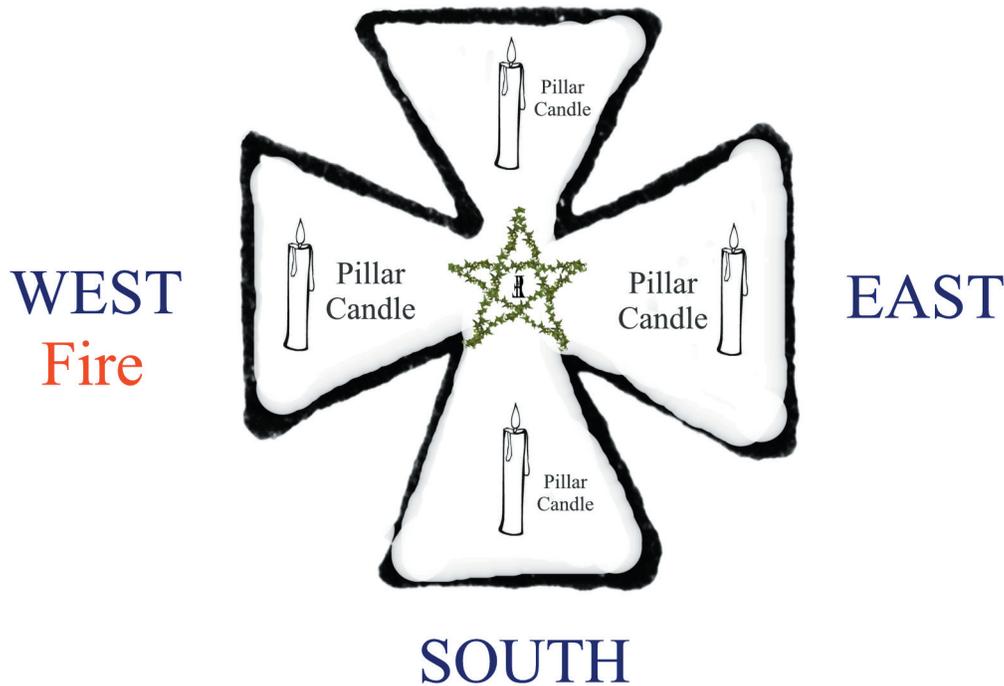
Actual fire such as a fireplace, fire pit, kiva or candle grouping. Things that symbolize fire such as the color red.

If the focus of your choice is a stationary object, such as a fireplace, you will orient your pentagram according to that coordinate. Forget what you may have been taught elsewhere about the pillars and directions. **All four of the ancient elements exist in perfect balance at all places on the Earth.** For me this is best illustrated with the image of the Maltese Cross, sometimes called the Templar Cross. (Next page diagram.) The compass points are fixed and immutable, but how you pair these with the ancient elements is up to you. Listen to your own guide and follow that voice.



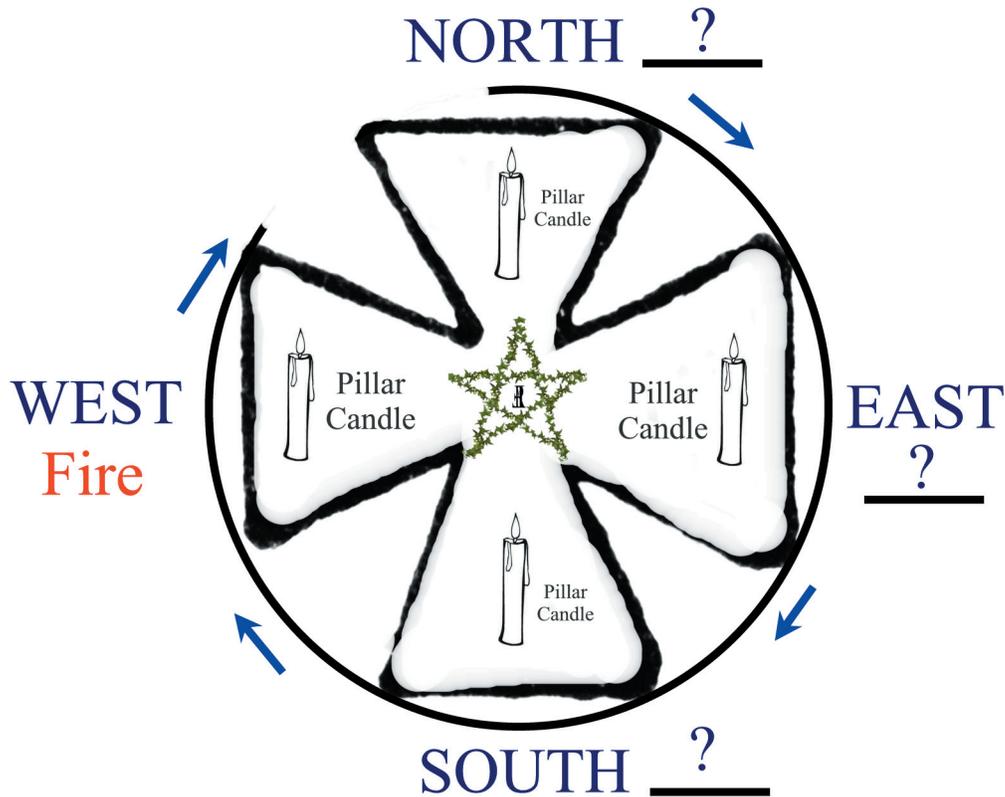
If the fireplace, which has become the audio/visual focus of your spell, is physically located in the west, then, for purposes of this casting, Fire is paired with the direction of West. You decide where to place the other Elements. There is much less dogma in Magick than you may presuppose.

# NORTH



5.) After you have enclosed everything you want to place inside your Circle, you may close it on paper. Drawing your Circle deosil (pronounced jee'-shil in Gaelic) is not optional. You must start at the top and go clockwise. When you cast your actual spell, this will be the last step after you are inside. If you are using an architectural object, such as a fireplace, it may not be possible to include it in your Circle. You may have to rely on it for effect more than for its physical contribution.

If you have room to do so, walk your Circle deosil an additional eight times (for a total of nine) after you close it. This is an excellent time to recite a quatrain of your writing because the movement and repetition will help the message slide into Alpha state. An excellent pairing of Mental Magick and Physical Magick.



A last note regarding the use of candles. **Please use only unscented candles.** The scents used in scented candles are synthetic chemicals that can interfere not only with your Magick, but with your health, that of your guests and other creatures in your household. There is no such thing as a “natural” scented candle. (You can apply essential oil to the outside of a candle, but it will flash burn in a second like any oil.) Many people who have allergy and sinus reactions don’t know that these are originating with their scented candles. If you don’t have a favorite source, visit [7th-House.com](http://7th-House.com). We have arranged to carry these for our students and customers at cost-plus pricing.



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Should you have specific or personal questions about the material in this lesson, I encourage you to send your thoughts by email as a service to yourself and your fellow students. The entire student body benefits from each question and each related personal experience.

**REMEMBER. You put a little in, you get a little out. You put a lot in, you get a lot out.**

Don't forget your journaling. The keeping of a Witch's Diary is a big part of the process. No detail is too unimportant to record. Your Chapter Eleven notes will be about your insights regarding how each and every object in your life may help or hinder your Magickal progress.

Chapter Twelve will be a beginning study in Invocation and Evocation.