

What people are saying about

Energy Magick

Mark and I have been good friends for quite a few years, so I was pleased to receive and read his first book—a comprehensive manual for a wide range of energy magick, both introductory and advanced. All of the exercises and practices are designed to be done by the individual practitioner, and they are all based on visualization techniques he presents in the first chapters. No physical tools, candles, herbs, statues, altars or special regalia are required—only a disciplined mind. Straightforward practical instructions and easy-to-follow progressive step-by-step exercises teach creating sacred space, grounding, centering, meditation, healing and cord-cutting. Detailed information with tables and diagrams cover chakras, auras, energy bodies, runes and sigils, and astrological correspondences.

The later section on advanced energy work provides complete instructions and practical exercises for astral projection, shielding, setting wards, Shadow work, trance journeying, evocation and invocation, creating egregores, spellwork and ritual. The final section is a concise Grimoire covering offensive and defensive magick, spellwork for protection, prosperity, success, empowerment, and personal spiritual evolution.

No magickal library is complete without this practical workbook on energy magick. It is a valuable resource you will return to frequently.

Oberon Zell, author of *Grimoire for the Apprentice Wizard*, and *GaeaGenesis: Conception and Birth of the Living Earth*

Energy Magick is a refreshingly straightforward primer on all the important aspects of magical work which are too often glossed over or rushed through. This book will walk you through understanding what magical energy work is and how

to do it for any purpose, from daily essentials like grounding to advanced work including shapeshifting and breaking curses. A must have for any witch or magical practitioner.

Morgan Daimler, author of *Fairycraft* and *Travelling the Fairy Path*

All witches need to be able to manipulate magical energy. It's a fundamental skill taught in all good covens as basic training, but if you're a solitary practitioner learning on your own, you're likely to need help. *Energy Magick* by Mark NeCamp, Jr. is the perfect guide – an instruction manual for all kinds of magical energy work from grounding through to invocation and evocation. It explains what these forces are, how they work, and how you can learn to sense and manipulate them. At each step of the way there are practical exercises. The book is in two sections: basic energy work, and advanced techniques. If you're a complete beginner I'd recommend working your way through everything. If you're more experienced, skim the early stuff as a refresher, then go on to section two. This should be an essential text for any trainee in the magical arts. The book is well written, concise and packed with useful information.

Lucya Starza, author of *Candle Magic, Poppets and Magical Dolls, Guided Visualizations, Scrying, and The Wheel of the Year*

NeCamp's excellent book cuts through the fat of traditional spellwork and shows the reader how to perform magick directly, without the cumbersome tools that can be intimidating and cost prohibitive to the beginner. *Energy Magick* is a valuable resource for practitioners of all skill levels.

Logan Albright, author of *Libertarian Paganism* and *Conform or Be Cast Out: The (Literal) Demonization of Nonconformists*

Energy Magick

A Basic & Advanced Guide
for Witches & Pagans

Energy Magick

A Basic & Advanced Guide
for Witches & Pagans

Mark NeCamp, Jr.



MOON
BOOKS

Winchester, UK
Washington, USA



JOHN HUNT PUBLISHING

First published by Moon Books, 2024
Moon Books is an imprint of John Hunt Publishing Ltd., No. 3 East Street, Alresford
Hampshire SO24 9EE, UK
office@jhpbooks.net
www.johnhuntpublishing.com
www.moon-books.net

For distributor details and how to order please visit the 'Ordering' section on our website.

Text copyright: Mark NeCamp, Jr. 2023

ISBN: 978 1 80341 454 6
978 1 80341 455 3 (ebook)
Library of Congress Control Number: 2023930438

All rights reserved. Except for brief quotations in critical articles or reviews, no part of this book may be reproduced in any manner without prior written permission from the publishers.

The rights of Mark NeCamp, Jr. as author have been asserted in accordance with the Copyright, Designs and Patents Act 1988.

A CIP catalogue record for this book is available from the British Library.

Design: Lapiz Digital Services

UK: Printed and bound by CPI Group (UK) Ltd, Croydon, CR0 4YY
Printed in North America by CPI GPS partners

We operate a distinctive and ethical publishing philosophy in all areas of our business, from our global network of authors to production and worldwide distribution.

Contents

Introduction	1
Part I Basic Energy Work	7
Chapter 1 Grounding, Centering and Cycling	9
Chapter 2 Aura and Energetic Bodies	28
Chapter 3 Fundamentals of Energy Work	47
Chapter 4 Meditation and Trance States	65
Chapter 5 Sigils	83
Chapter 6 Sacred and Ceremonial Space	102
Part II Advanced Energy Work	115
Chapter 7 Advanced Energy Healing	117
Chapter 8 Cord Cutting	132
Chapter 9 Advanced Protection Magick	152
Chapter 10 Trance Journeying	173
Chapter 11 Evocation and Invocation	190
Chapter 12 Spellwork and Ritual	210
Part III The Energy Magick Grimoire	219
Chapter 13 The Energy Magick Grimoire	221
Final Note	244
Bibliography	245

I dedicate this work to my ancestors, gods, and teachers without whom this work would not exist; as well as the long line of practitioners- living and dead- that have done the never ending work of bearing and passing on the Promethean fire of Knowledge, Enlightenment, Reason, and Magick.

I also dedicate this to my friends, students, clients, and magickal colleagues that have been with me on the journey of life and the pursuit of wisdom and happiness.

Disclaimer

The information given as part of this book is strictly for educational and entertainment purposes. In absolutely no way is it meant as a substitute for proper medical diagnosis and treatment by registered healthcare professionals. It is very strongly recommended that you consult a licensed healthcare practitioner for any physical or psychological ailments you may have.

Introduction

What is in these pages is magick. You can be balancing your chakras, doing hands on healing, casting a spell of protection, or casting a love spell and still be practicing a form of magick.

There are many definitions of magick. To me, magick is a calling; it is the soul's calling for the twin needs of safety and freedom, and the desire to make one's will real. It is both a means to an end, and a way of life. You can use all sorts of tools and techniques to do magick – and there are almost countless books, videos, and lectures on the subject – but what really makes someone a practitioner of the Art is to do magick and embrace all the wonder the World has to offer. The work before you covers the energy of magick itself in its most pure form.

Why We Do It

Magick can be done for many types of purposes such as healing, protection, financial gain, romantic love, and many others. Often, when someone wants to do magick, it is to benefit someone or something in ways they could not accomplish with normal, mundane means.

Magick is also a way to connect to others, the gods, the ancestors, and to the Universe itself. It is these connections that foster our spiritual development and can help us to become more than what we are.

What Is Energy Magick?

Energy magick is a way of practicing magick by directly manipulating reality. The aim of this book is to work directly with the sources of magickal and psychic energy with our hands, minds, and will to affect reality directly. You will not find traditional spellwork here. Your body will be the medium

Energy Magick

that magick happens and flows through. For example, instead of doing a healing ritual, one would work directly with the energies of healing and direct them to where they are needed.

When metaphysical techniques are first created, they come from mystical experiences. These experiences can come from anything from meditation to the use of psychedelics, or any prolonged stress on the body that liberates the body from its normal sensations and allows the consciousness to access a more subtle spiritual reality. In these mystical states, the practitioner discovers how to connect to the spiritual, manipulate and direct its energies, and affect changes in the physical world. Mysticism and magick are two sides of the same coin.

For example, a practitioner might fast and meditate for days to get into a trance state and they may have visions that they later record, sometimes using symbols and metaphor, in order to communicate the feelings and spiritual insights that they had. They can then use what they recorded and learned for future magickal workings. Another example is that a practitioner may dance intensely until they get into a trance state and then make certain movements with their body and feel inspired to feel certain emotions. These movements can be repeated to access those feelings later and be used as a tool for other workings.

The main differences between this book and most other books of magick are that:

1. It takes its foundation from the root practices and magickal philosophies of many common magickal schools and not just one.
2. This book uses virtually no physical tools.

This book is brought about from studying everything from New Age healing to Western Ceremonial Magick; Tibetan magick to Mexican Folk Sorcery. These are just examples and not the full

Introduction

list of sources. Magick is a common practice across history and the world. In the modern time, we must take a multi-faceted and cross-cultural approach. As someone that is multi-racial and has worked with teachers indigenous to the paths I mention, I am very sensitive to cultural appropriation and do my best not to cross that line. I honor the ancestors that have brought me to this place, the spirits of the land, and all physical and spiritual allies that have brought me here. What all these cultures have in common is that mystics brought down their insights and spiritual experiences into forms they could use later and pass on. I believe magick is for all, and at the same time we need to respect its roots.

If there are any tools used in this book, they will be mostly things you have around the home or are cheap to purchase. This has come about partially due to my practice, but also because I believe magick is ultimately a tool for our personal freedom and should not be restricted by economical means. Energy work is about what you can move and change and not the stuff you accumulate.

This is a book for both the novice and advanced practitioner. When I teach workshops, I often joke that I put the “work” in the workshop and this book is no different. The exercises are very direct and to the point because I do not want you to spend all your time reading about magick but not doing it. All the exercises can be done alone, but some can be done with a partner. If you find a subject that you already feel competent in in the beginning, please skip ahead; however, I may reference beginner exercises that relate to advanced ones.

I also want to make this book fun. There will be lectures, but also stories from my personal experience, case studies, and plenty of exercises to gain familiarity with the concepts.

I am going to assume that you have some familiarity in some standard “witchy” stuff like tarot (I draw on imagery

from the *Rider-Waite-Smith* deck), crystals, magickal tools, etc. If something is not familiar, please take the time to look it up.

This book is divided into three parts:

- “Part I – Basic Energy Work” is a solid introduction to subjects such as basic energy work and meditation.
- “Part II – Advanced Energy Work” covers subjects such as banishing entities, consecrating a space, and moves onto invocation (the magickal art of drawing energies or external spirits through and inside you) and trance journeys through spirit realms.
- “Part III – The Energy Magick Grimoire” is where your mastery of the first sets of tools combines. This covers everything from spellwork to ritual. By weaving various techniques together, they become more complex, stronger, and more effective.

If you are an advanced practitioner that might want to skim the basics to get to the more “fun stuff” of Part II, I would humbly ask that you please read the summary at the beginning of each section to make sure that we are on the same page. At the very least the summary serves as a refresher of what basics are necessary. For the beginner, the summary serves to see exactly what we are about to get into.

I hope you enjoy working through the book and learning as I did when learning these techniques from various teachers and experiences over the years, and I wish you nothing but the best.

Note on Writing Style

I wrote this book as if I was having a conversation with you for the most part. I have been teaching at many festivals, occult stores, etc. for several years, and I try to take a conversational

Introduction

tone with you, the reader. On occasion, I will add some anecdotes. Also, I use magick with a “k” to differentiate it from stage magic, illusions, and things of that nature. Lastly, I often invite people to “see” and “feel” energy throughout this work. I acknowledge that many other psychic senses develop (such as “hearing” energy), or you may have other sensory issues (such as synesthesia), and where you find appropriate to your individual situation please feel free to adapt the exercises to your needs.

Part I
Basic Energy Work

Chapter 1

Grounding, Centering and Cycling

Summary: Energy, Grounding, Connecting with the Earth and Sky, Centering, Cycling, Cycling Living Energies, Cycling Other Energies

The ability for the sorcerer, witch, yogi, or general metaphysical practitioner to do anything effectively comes from their imagination, daring to dream, focus on a specific outcome, and allowing their intent to work through them to manifest their goals. The medium through which this all occurs is through energy. Energy, chi, prana – whatever you want to call it – is an invisible force that flows through all things. Magick is Change, and the constant flow of energy in the Universe speaks to that truth.

The course of this work is how to do magick through manipulating energy effectively. This mastery must be both internal and external, as they are both reflections of each other. This synergy between the internal and external worlds creates a harmony that not only fosters a sense of personal peace, but also makes magickal workings far more effective.

I used to be a far angrier and chaotic person before I started my journey into witchcraft, magick, and the occult. I have been able to find balance, some semblance of peace, and have learned how to grow. I am a better person than I used to be (even from yesterday), and I must give credit to both magick itself and the people that I have met on my spiritual journey.

I think tools in magick are fun to have, and I still have many of the tools I acquired when I first started out. I used a wand to direct energy, an athame to cast circles, a chalice to aid in purification, and a pentacle to help me bless my offerings among many others. I think what led me to using energy more directly

Energy Magick

was my training in energy healing that happened at the same time as my magickal instruction. I kept thinking to myself “Why should I use a wand when I can manipulate energy directly?” It was that question and a love of experimentation that led to some of the techniques and exercises below.

Energy

Energy – also called chi, prana, or psychic energy – is all around us. It is in our bodies, our food, our breath, the air, and everywhere else. This energy is connected to our emotions and shaped by our thoughts. I have found that energy follows some basic guidelines:

Energy is in everything. Everything is connected through energy, and it is everywhere. This means that potentially anything can be affected by the sorcerer, and the practitioner can be affected by anything.

Energy follows attention. Where you focus your awareness is where you will feel energy. It flows based upon where our attention goes. For example, when someone speaks to you and you listen, you are giving them energy.

Energy can be transformed. Energy can neither be created nor destroyed. It can only be transformed. Energy is in a constant state of flux and can be transformed by active or passive means. The sorcerer gains power from active harnessing and manipulating energy.

Energy can be changed based on intent and emotion. Active energy manipulation occurs from having the vision to see an outcome and transform that energy based upon that intention. Energy transformations can be sudden, but the more focus and care that is used, the better the outcomes.

Being aware of energy is the core of magick that works. My favorite exercise to start out with not only helps to gain confidence in the fact that everyone can do magick through moving energy but shows that you can feel magick directly without tools. This exercise offers direct proof that there is something bigger than us in a direct and quick manner. This is the first exercise my teachers taught me.

Exercise #1: Energy Ball

1. Breathe in and out. Imagine that as you breathe in and out, the invisible vital energy from around you is filling you.
2. Rub your hands together vigorously. Imagine that an invisible energy that you have gathered, is coming together where you rub your hands.
3. Keep rubbing your hands together.
4. Stop rubbing your hands, and then move them about an inch apart.
5. Move your hands closer to about a quarter inch apart, and then back to an inch a part.
6. Do this several times. You will feel warmth or a pressure. This is energy.
7. Repeat steps 1 through 5, but this time cup your hands together to make a ball made from that sensation of warmth of pressure.
8. Repeat steps 1 through 6, but make the ball larger and smaller. See what happens if you try to change how the ball feels. Play with different sensations.
9. When done, gently reabsorb your energy ball into your body. You can do this by thinking of your hand sucking it in, or even breathing it in. Play with different methods of doing this.

In the above exercise, you are dealing directly with the energy that is all around us, within you, and surrounding you. Do the

exercise until it becomes very easy to make a ball. If you are having problems try the next exercise, “Grounding”, since stress and doubt will often be blockages to getting in the right mindset to interact with energy in this way. If you at any time lose self-confidence in your craft, coming back to the simple energy ball can feel like a healthy way to recalibrate. Some schools will have you meditate before trying to move energy, and if you are having problems feeling energy, I highly recommend it. For me, I find that the more I have worked with energy, the faster I go into the relaxed state of meditation that effective magick requires. You can do magick angry – gods know I have blared Goth-industrial music while doing spells – and I have found it more useful to come from at least a neutral, relaxed place. That way you can clearly direct energy how you want it.

With practice, you should not have to rub your hands together to summon energy, you will be able to just do it, but if you have problems go back to the old method. I also find it helpful to rub my hands together to get started on energy work in order to re-sensitize my hands and get into a magickal mindset.

You may feel “buzzed” by playing with energy. By gathering, moving, and transforming energy our own personal life force can be affected. One of the essential skills of the practitioner is to ground this energy to the Earth.

Grounding

The goal of grounding is to connect to the Earth and in that connection find a neutral or energizing balance from which to do magick. As such, it is an essential exercise and a foundational skill to master. Grounding is simple in concept. The idea is that the Earth, by virtue of our connection to it, allows us to get rid of any unwanted energies, or simply ground them out in the way that an electrical ground protects electrical devices. Trees are experts at this, and in fact if you embrace a tree for a few

minutes, you will feel the effect. The following exercise is a simple grounding exercise.

Exercise #2: Grounding

1. Sit, lie down, or stand. Close your eyes if you need to.
2. Take deep breaths and feel the weight of your feet. Try to feel the inside of your bones.
3. Think about how heavy your feet are.
4. Feel the weight of your legs and knees, as well as your feet.
5. Bring your awareness to the weight of all your lower body at once.
6. Continue this sense of awareness through your entire body – adding different body parts bit by bit until you are aware of the weight of your entire body from your head to your feet.
7. Imagine all the weight of your body bringing you closer to the Earth. Imagine that you are magnetized to the Earth.
8. Imagine and feel all the tension in your body, starting at your head and going to your feet, flows from your body to the Earth and through it to the Earth's core.
9. Breathe in and out, being aware of your body's connection to the Earth. Open your eyes if they are closed.

This is probably the simplest way to ground other than hugging a tree (who is arguably the greatest master of grounding). This should be mastered and practiced so that you can ground on command at any given moment. Mystical and spiritual experiences happen in the body as much as the spirit and connecting with the Earth and your physical body is prerequisite to much work. It is also a safety exercise for when we experience things that are overwhelming or just feel too much to handle. By being an expert in grounding, you can ground out negative energies directly and quickly. For example, let us say you are

feeling a lot of negative energy after visiting a strange place. It would be in your best interest to ground out that energy if it affects you.

We can also ground in many ways other than meditation. Some people use dense stones such as hematite, take relaxing teas, or take ritual baths, but the focus here is to use as few tools as possible and work with the energy directly. What if you lose your favorite grounding stone? What if you can't take the time for a sacred bath? The Earth is easily accessible at any moment. You can be trying to relax before bed, in an office meeting, or doing anything else practically. Energy is always there for you.

Connecting with the Earth and Sky

To do magick effectively, most people need to start in a neutral, relaxed state as stated. This can be very challenging when we live in a world that is constantly demanding our attention. Our mental, physical, emotional, and spiritual energy are hijacked for various tasks that we must complete as part of our day-to-day life resulting in increased tension and stress. Magick comes from you, and if you want to do anything, from manifesting the love of your life to acquiring hidden knowledge, the magickal practitioner needs to be able to put the mundane world aside and focus on their craft. The easiest way to unplug from what is draining us and tap into something that will restore us is to connect to the most plentiful source of energy – the Earth and Sky.

Connecting to the Earth and Sky does the necessary step of bringing the practitioner to a magickal, neutral state and serves as a crucial source to limitless energy that does not drain, damage, or degrade them.

We are always influenced by the Earth. Our bodies are attuned to her magnetic energies that arise. We gain all our foodstuffs and material resources from her, and our bodies will eventually break down into her as well. To connect to Earth, is

to really connect to the source of all we are materially, our place in the world, and to our essential nature as part of the cycle of life and death.

We are equally connected to the Sky, or Heavens. The moon and other planetary bodies affect us in subtle, but potent ways. We are connected energetically to the heavens and all that is above us. The Heavens are also the un-manifested Universe, pure Spirit, the potential for all things – where we are most connected to the Universe in its most raw state.

The Earth and Sky also have a philosophical meaning that underpins all energy work and magick, especially in the West. A sorcerer cannot manipulate the world unless they understand how to manipulate themselves. There is a saying from Hermetic magickal philosophy – “as above, so below”. This typically means that the spiritual and the earthly worlds are mirrors of each other. It also means that humans are the intermediary between the Earth and the Heavens. Humans are collectively alchemists by nature, in that we are not only between these two forces, but we are the agents that can transform the energies of one to another. This is true in both Eastern and Western alchemy and magickal teachings.

It is important to note that energy is always flowing between Earth and Sky. The current that runs from Sky to Earth is typically the energy of manifestation and becoming. The energy that flows from Earth to Sky is typically of liberation, freedom, and release.

The next exercise builds off the first, and its goal is to not only ground energy to the Earth, but to cycle it back and forth between you and the Earth and the Sky. I mention energy in the last sentence, by this I mean the spiritual energy that is found within us and around us in all things. It is the binding force between all things, the medium in which magick happens, and what allows us to affect reality with magick. The next chapter

will go into energy specifically, but for now we are dealing with the energy that resides within our bodies and the planet we are a part of. We are being that balancing point between Earth and Heaven, and harmonizing ourselves with them, and taking advantage of this connection to replenish ourselves.

Exercise #3: Connecting with Earth and Sky

1. Sit, stand, or lie down comfortably. Breathe as deeply and as slowly as you are able.
2. Imagine and feel the energy above your head and feel it slowly descend through your head and neck.
3. Imagine and feel energy moving further down past your head and neck, through your torso, your waist, your legs and down through your feet.
4. When you are at your feet, imagine the energy moving past your feet, past the ground, and through the Earth.
5. Imagine and feel the energy going further until it goes to the core of the Earth.
6. Breathe deeply, feel the connection to the Earth, and feel gravity comfortably bringing the energy of your body to the core. Rest comfortably in that connection for some time.
7. Still breathing deeply, imagine the energy coming from the core of the Earth, traveling upward, through the ground, and back through your body – all the way to the crown of your head and past it to the Sky. Rest comfortably in that connection.
8. When you breathe in – feel your connection from the core of the Earth and through your body to the Sky. Breathing out – feel the energy from the Sky, move through your head, through the rest of your body, and back to the Earth.
9. Take time to let the energies soak through your body, rejuvenate you, and remove any negativity, stress, or tension.

Grounding, Centering and Cycling

10. When you are ready to finish, focus on your center. This is your center of gravity, your dan tien, or your core. It is sometimes located below your navel. Focus any excess energy in your center.
11. Breathe in and out normally. Open your eyes if they are closed and take a few moments to pause and feel in your body.

The above technique can be used as part of a regular meditation practice, or just when you need it. This exercise also leads us to an important practice that goes hand in hand with grounding: centering. Gravity is our friend and teacher here. Just as we felt the gravity and weight in our bodies as we relaxed and grounded, so too can we focus on our center of gravity and how we can be at a natural point of balance with the energies of everything around us. Centering is shifting the attention from what we were grounding, or connecting to, and focusing just on ourselves in a positive and healthy way.

Centering

Centering itself is focusing on your core as in the above exercise. This can be done alone and should be mastered to do as easily and quickly as possible. You do not have to do the above meditation every time you want to center your energies.

An important aspect of centering is not just a way to relax or end a grounding exercise! It allows for internal focus and integration. Everything needs a foundation, and the cornerstone of any magickal working is a centered practitioner acting as that foundation. Integration of energy is the key to help you grow as a magickal practitioner – it allows the energies that circulate to collect and be stored for further magickal use for the replenishment of the practitioner's energy, and as a step in internal alchemy that we will cover in the section on Energy Work.

Energy Magick

There is an old saying “if you don’t stand for something, you will fall for anything.” Centering helps create an energetic place that you can “stand”. All magick starts with you. You are an energetic being whose actions, magickal and otherwise, start with you and radiate outwards. Without a stable center, you and your magick cannot blossom.

To center, all you need to do is bring your attention to it and relax into it. It is that simple. Your center may change based upon your body type, how your metaphysical energy courses and processes through your body, or even your mood. For some this place is right below the navel, for others it may be a little higher. It is important to understand that your center can be in flux, but what makes it your center at this very moment is based upon where the sum of your energy collects and is stable.

When you are centered in martial arts, it is difficult to be moved physically. In the same manner, when you are mostly centered and try to center yourself daily, you are focusing and strengthening your personal energy to the point that it is more and more difficult for it to be influenced by outside forces. For example, I am an empath and I can feel other people’s emotions fairly well (it is a blessing and curse). When I notice that I am feeling something for no reason, I pause to center so I can connect with my own core and investigate whether those emotions are really from me or are they from someone outside my personal energy.

Cycling

Most writings on centering and grounding end there and typically only refer to the relationship between the practitioner and the Earth. My training in energy healing has taught me that cycling your personal energy is just as important. When I first started working with energy, I was often tired. I would do healing work on people and just feel drained. When I learned

to cycle my energy, that all changed. I found that if I cycled my energy, as in the last exercise, I had a limitless pool of energy to harness and channel for whatever I needed. This is not to say that my pool of energy is infinite. I am still limited by the energy and resources my physical body needs to sustain itself.

For me, cycling energy comes from my study of martial arts and energy healing, especially Reiki. I have found that it takes little to no formal training to cycle your energy and reap the benefits of it.

You already were cycling your energy with the Earth and Sky, but that is just one type of energy cycling. There are two types of energy cycling: open and closed. Open is where the channel is continuous and free between you and what you are cycling your energy with. In the above exercise the channel was open between the energies of the Earth and Heavens/Sky. It is helpful to get good at that, so you can cycle your energies while barely thinking about it so you can focus on the subject that you are putting your attention and energy on. Closed cycling is useful to help remove energy blockages, feel good, general health, and as a prerequisite to cycling other energies along with yours. The below exercise is a closed technique to improve energetic circulation.

When we cycle energy, we are merely paying attention to a dynamic process that is happening all the time. The only difference is that we do it consciously.

Exercise #4: Closed Cycling

1. Start with grounding, as in *Exercise #2*.
2. When grounded, and while relaxing as much as possible, be aware of the energy of your feet and what it feels inside them. Breathe in deeply, and let your attention flow from a place below your feet, to your feet themselves, to your legs, and to your center. Breathe out.

Energy Magick

3. Breathe in again at the level of your center, and as you breathe deep, follow the energy to your heart. Breathe out.
4. Breathe in at your heart and exhale. While you are exhaling, focus on the energy of your head and a place above your head. Breathe in again.
5. Breathe out and feel the energy flow from your head to your heart. Breathe in at the heart.
6. Breathe out to your center, being careful to feel the energy in your breath and body.
7. Breathe in.
8. Breathe out to your feet. Breathe into your feet, exhale to your center.
9. Keep following the pattern of breathing into an energy center (feet, center, heart, and head) and breathing out to the next. Repeat until this becomes a continuous cycle.
10. When you feel you are done, please collect the energy to your center.
11. The more slowly you do this technique the more relaxed you are, and the more quickly you do it the more energized (which might be nice if you want an energetic alternative to caffeine). The eventual goal when you cycle your energy is to do this one breath. The path from the feet to the head should be an inhale, and from the head to the feet should be an exhale.

Experimentation – When you can touch on all the energy centers with one breath, experiment with taking it slow as possible, and then as quickly (ground if you need to). What changes do you note?

Cycling Living Energies

Energy is constantly flowing. All we are doing is tapping into and manipulating that flow. The flow already exists. Everything is connected. Everything. Energy is just one medium through which we can explore that connection.

Have you ever gone into a large space and your feelings changed? Have you ever walked into a room and felt a difference? Your energies are automatically cycling with your environment. It is as natural as breathing. We are energetic creatures that respond to the people and places around us, much like a fish is changed by the water it swims within. When I walk into a forest, I feel something greater than myself. I feel the multitude of interconnected life. I breathe a little deeper, feel a little more connected, and can revel in the sum of Life that is greater than who I am as a solitary human.

The next exercise speaks directly to how we are connected energetically with other living things. It is an open cycling exercise where you will connect with a plant. If you want to do this with a partner or group, you can have the plant in the middle and you, and others can arrange around it in a circle. Once again, this energetic interaction happens naturally, we are only feeling and working with it consciously very much in the same way that we breathe automatically but can take deliberate breaths.

I love working with the energy of plants whether I am in a forest to find a release, making absinthe from herbs, or working in the garden. In modern energy work, we can connect with those plant energies and direct them based upon the chi we harness from them, as you would harness the energy in the Earth, or based upon their specific properties.

In the next exercise, instead of connecting to the energies of the Earth and Sky and cycling them through you – you are replacing them with the energy of plants.

Exercise #5: Cycling with Plants

1. Ground and center on your core.
2. Pay attention to the plant in front of you while taking deep breaths. Look at how vibrant the plant is and focus all your attention on it.

Energy Magick

3. Cycle your energy from the Earth, through you, to the Sky, and back (like in *Exercise #3*).
4. When your energy is cycling on one breath, on the next inhale – imagine you are inhaling the plants energies and cycle that energy up and through you so that you are breathing from the plant, through your body, and back.
5. Breathing in, feel the energy coming from the plant to you. As you breathe out, feel the energy move from you to the plant.
6. When you are ready, center, and acknowledge or thank the plant in your own way.

Experimentation – Try this with indoor versus outdoor plants. This exercise can be done with trees and forests. If you garden, try connecting with your plants as seeds before your garden. If you do this over time, what changes do you see between you and the plant, or your connection to that plant?

If you wanted to use this exercise for a specific intent, let's say "healing", for example. You could cycle your energy with a healing plant like Echinacea (which is common to help boost the immune system) if you wanted to get that energy for your own well-being or even direct to help others.

I am choosing plants here on purpose. Plants are natural at getting near limitless energy from the Earth and have plenty to ethically spare. Cycling energy from a living person or animal is, of course, very possible, but then we are moving towards a psychic vampirism (which between consenting adults is fine), but it too often abused. Cycling energy from a human can have consequences. The person taking the energy can be addicted to taking life force in this manner, or one or both people can develop obsessions from the intensity of working with life energy directly.

While there should be caution in connecting energies to other living things that are not plants, it can be useful in many situations. You may want to also co-mingle energies for the purpose of creating more intimate connections with a magickal or romantic partner. Some people even do this as a group to help foster a type of hive of group energy which is called a group egregore.

Cycling Other Energies

You have already tapped into your connection with another living thing's energy. The benefits of doing this are to draw upon greater energy for magickal workings, but also to express the inherent connection all things share.

This is where things get more interesting. Why stop with living things? Why not tap into the connection you have with the moon or sun? What about other planetary energies, such as the planets that are used in astrology? What about other cosmic phenomena?

The next exercises are to cycle your energy with the most common of heavenly bodies that we have an affect us on a regular basis: the sun and moon. If possible, do the next two exercises outside where you can see the sun or moon. If not, be aware of where the sun and moon are in relation to you while you are indoors. A practitioner must also master channeling energy they cannot directly see. For example, if I wanted to channel the planetary energies of Mercury for communication, I would probably not wait to take out a telescope and see the planet Mercury physically before I begin my work. In my opinion, a practitioner should not let any obstacle get in the way of the energy they are trying to channel and work with.

Cycling your energies directly with nature – whether it is the earth or any heavenly body, is a great way to connect to the Universe in its rawest form. This is where magickal techniques

and spiritual evolution come together. We gain power through knowledge of our connection and evolve by living essential spiritual truths such as the fact that “everything is connected”. We also gain power by knowing how to harness those energies. The next exercise is directly cycling your energy from a plentiful heavenly body: the sun.

Exercise #6: Cycling the Sun

1. Gain awareness of the sun by knowing its position in the sky (do not look directly at the sun).
2. Close your eyes.
3. Get into a relaxed state by grounding and then cycling your energy between the Earth and Sky/Heavens.
4. Envision the sun in your mind’s eye. Imagine the solar energies descending upon you. When you are ready, breathe in, and consciously take in the energies of the sun by breathing it in when your “in” breath is at the top of your head.
5. Cycle the energies through your body, exhaling through your feet.
6. Inhale the energies of the sun again, make sure that you are going through the place above your head, to your head, your heart, your center, your feet, and below your feet.
7. Exhale and feel that connection to the sun.
8. Repeat this cycling for a few minutes.
9. Inhale the energies and exhale while feeling that connection until you feel you are full of the energies of the sun.
10. Pause to rest with the energies of the sun inside you and absorb them into your center.
11. Ground any excess energy only if you wish. Open your eyes if they are closed.
12. For energies from the Heavens, it is more effective if you breathe them in from the energy source to your head,

Grounding, Centering and Cycling

through your body and back. For terrestrial energies, such as the Earth – it is typically easier to breathe in through the feet. Feel free to experiment and find what works best for you.

The next exercise can be done inside or outside. Instead of just cycling the energy of a heavenly body, you will harness and hold it. If you need to, please re-familiarize yourself with making energy balls. Next, we are going to connect and harness the energies of the moon. Before you do this exercise, research where the moon is in the sky in relation to you and its specific phase.

Exercise #7: Harnessing the Moon

1. Ground.
2. Gain awareness of the moon by looking at it directly or knowing its position.
3. Close your eyes.
4. Cycle your energy between the Earth and Sky/Heavens.
5. Look at or envision the moon. See and feel the lunar energies descending over and through you.
6. Consciously take in the energies of the sun by breathing them into you directly. Exhale and feel that connection.
7. Inhale the energies and exhale while feeling that connection until you feel you are full of the energies of the moon.
8. Hold out your hands and make an energy ball, but instead of using your own energy – use the energy of the Moon.
9. Hold that lunar energy in your hands. As you breathe in, feel that ball getting more and more intense.
10. Release the energy back to the moon, by imagining it going from your hands to the moon or absorb into your body by breathing it into your body.
11. Center. Open your eyes if they are closed.
12. Thank or acknowledge the Moon in any way you see fit.

Energy Magick

The Moon is the heavenly body that connects us to many different things – especially feminine energy, emotions, and dreams. You can connect with those aspects and many more through this exercise. The Moon, and any heavenly body, has limitless energy to share.

Some people ask why you would cycle your energies with the moon at all. The Moon, aside from affecting the physical tides of the oceans, affects our subtle energies just as much. In energy work, it is often in our best interest to work with Nature and not against it. This doesn't mean that you must work with natural cycles all the time, but it means that everything has cycles and the changes of the external world affect the internal world. This is also true in the opposite – we affect the external world all the time by how we manage our internal energies and thoughts.

Experimentation – If you were doing this exercise in a group, you could pass around the energy ball you make and add to it before finally releasing it with a specific intention. Instead of absorbing the lunar energy into your body, release it into a beverage to bless and share or even into an object such as a crystal.

When working with energies that you cycle from terrestrial or celestial sources, remember to give thanks. Gratitude builds another type of energetic relationship with the natural forces we use and join ourselves with.

There are no limits in what you can connect your energy with and its effects. This is especially true when you work with metaphysical correspondences. For example, since Mercury is the planet of communication, you could cycle your energies with that planet to increase your personal ability to communicate with others.

Grounding, Centering and Cycling

Be very careful in cycling energies with another living person. Without permission, you run the risk of unethical psychic vampirism. Just as you would not touch someone physically without their permission, you would not do so energetically.

Another useful purpose of cycling is in working with deities. When we pray to the gods we connect with them. You can make your prayers have a further energetic component by cycling your energies with the gods. In practice, you can cycle with a statue of the deity or the point outside of yourself that you feel the deity emanates from. As you would with a person in the flesh, ask permission. You may have to give offerings that are appropriate to that deity. In this way, the energy of the gods is not something outside of ourselves, but something we can take within. Creating an energetic bridge with a deity usually happen naturally in giving offerings (where the energetic aspect of the offering goes to the deity), and through prayer and meditation, and cycling with purpose can give an extra potency to you work. I do caution that doing that does have the potential to take on traits of the deity or spirit, so please be careful what energies you connect with.

Remember we are connecting with the spiritual energy of the subject, not the physical. Everything has an energetic body. The next chapter deals with our internal energies, we as energetic beings, and the different metaphysical parts that something is composed of.

Chapter 2

Aura and Energetic Bodies

Summary: The Aura, Energetic Bodies, Basic Energy Healing, Shielding, Invisibility, The Seven Chakras, The Four Elemental Functions of the Chakra, "Lesser" Chakras

Just as the Earth and Heavens are reflections of each other, so too are the internal and external worlds mirrors of each other. As such, the body of the Universe can be understood and shaped in relation to how we understand and shape our own spiritual bodies. Therefore, knowledge of the self is necessary to manipulate the world around us.

Energy is constantly flowing between you and the various realms of existence, and between you and other living things. Our energetic bodies are dynamic creatures that are constantly in a state of flux. The aura, or auric body, is a manifestation of that constant movement and is typically a layer of energy that wraps around the physical one. The aura itself has at least two main layers: an inner layer being 1 to 2 finger widths from the skin, and at least one outer layer that can extend up to several feet from the first.

The Aura

The aura is somewhat of a protective barrier between you and your main energetic body, or energetic double, which occupies the same space your physical body does. It can be a variety of colors and textures and can vary in intensity based upon the energy level and mood of the person. Many books ascribe various colors to them, but I find that depends on how you program your mind to accept that information. While one

person may see many colors, another may see none. For one person the colors can correspond to what they feel like are different corresponding moods (for example, red=anger), or even the seven major chakras.

The next exercises are to sense the energetic body that we all have. The more you sense energy, the easier it is to manipulate. These exercises can also be done in a group setting by having one person try to sense the aura and the other person being the one observed and then switching places. If you have problems feeling the aura, you can warm up your “hand chakras” by opening and closing your hands rapidly 10-15 times to open your psychic ability to feel.

Exercise #8: Sensing the Aura

1. Rub your hands together to get them sensitive to feeling energy.
2. Take time to feel both sides of your hand, starting at one side and then the other.
3. “Pat” your hands with energy by moving to touch your hand but stopping about $\frac{1}{4}$ to 1 inch, 1 to 3 centimeters, from touching.
4. Move your hands as far apart as possible, then move your hands closer together slowly – moving at 3 to 4 inch, or 7 to 10 centimeters, increments. Gradually feel for warmth or pressure.
5. Notice where you first feel pressure and any places that you do that are closer.
6. Repeat from the beginning but explore as much as your body as you can, so that you can feel your aura consistently.
7. Repeat this exercise by feeling your aura with your arm extended from as far back as you can reach; gradually move one hand closer to your other to feel the outer layer. It should extend some distance from the inner one.

8. Center when done exploring your inner and outer aura. If you feel strange afterwards, cycle your energy between Earth and Sky and ground.

Experimentation – If you have a partner, try feeling the aura from several feet away and gradually walk towards the other person’s aura with hands extended to feel the outer aura. What does it feel like to walk into another person’s aura consciously?

Since some people are oriented in one sense more than another, here is a way to sense the aura using “second sight”. “Second sight” is the psychic ability to see things that are overlaid over the physical. This is different from traditional clairvoyance that is more about seeing psychic visions.

Exercise #9: Seeing the Energetic Body

This exercise is designed to focus your “second sight” and help you feel energy more directly. Some people “see” better than others and it may take time to develop. This is also known as the “body of light”, “etheric double”, or astral body.

1. Close your eyes.
2. Imagine that your body is made entirely of white light.
3. Open your eyes and then close them again. Go back to the visualization that you are made of white light.
4. Look in your mind’s eye at the body of light. Look for any dark spots and make note of them.
5. Repeat as many times as necessary to make this body of light become sharper and clearer in your mind’s eye.

Experimentation – Try doing this exercise in a dark room. Is it easier to see the body of light? Is this easier meditating, or grounding? Cycle your energy while doing this exercise. Are there any changes?

The above exercises are important to master since seeing and feeling energy is tied directly to the ability to change it. It is good to train both senses of “sight” and “touch”, even if one is stronger than the other. Most of your energetic body should be bright, while the dark spots are any places that need healing. There is an intrinsic relationship between your energy and physical body. It is not uncommon to do energy healing to help the physical body and its processes. At the same time, the health of the physical body can determine the health of your energy. It is important to keep both your energetic and physical bodies in good order so that they can really function in a healthy synergy.

Energetic Bodies

The previous exercises helped get you in touch with the part of us that is composed of energy. Typically speaking as a magickal practitioner, when I talk of the body, I do not mean just the physical body. I am really talking about four distinct parts of the self. These four parts are the physical body, energetic (astral or emotional) body, mental body, and the soul. These go by slightly different names depending on the tradition and are outlined below.

Physical – This is the part of your body that feels physical sensation and houses your vital life force. It is this body that is born, changes and eventually dies.

Energetic/Astral – This is the part of your body that we are dealing with the most in this book. It is your emotional or astral body. This is the part of you associated with your feelings and intuitions. It is the body that can travel and is the most vulnerable to other people. In a very real way, we connect with other people through our emotions and your

energetic body is not only within you but extends and radiates outside of you. The more we open to people, and they to us, the more we feel connected. Your energetic body has its own anatomy that is as complex as your physical. It includes your aura, the 7 major chakras (other schools of thought deal with many more); energetic channels connecting you to Earth and the realm of Spirit, and hundreds if not thousands of minor vortices of energy and lines that connect them. While your physical body decomposes easily when you die, your energetic body can stick around longer in some cases, but eventually can decompose, be destroyed, or sent on.

Mental Body – Thought shapes reality. Our thoughts are the wind that can move the tides of our emotions. Our mental body is mostly our thoughts and is also the intermediary force between our consciousness and our soul.

Soul – Some say the soul is the spark of the Divine, and as such we will associate it with Fire. If there was an event that created the Universe, then at one point all is One. The soul is that piece of the One. I am not venturing into a place of monotheism, but I am adhering to the mystical teaching that we have a common beginning and an intrinsic connection. Your soul is theoretically the part of you that goes from incarnation to incarnation, or to some other place. We will leave that mystery for others to ponder.

Basic Energy Healing

Healing is one of the basic purposes of magick – healing for the self or others. Before we go around healing people like some miracle worker, we need to focus on the self. Like the physical body, the energetic body can suffer normal wear and tear and as a result needs upkeep and maintenance on occasion.

The next exercise is a basic energy healing exercise. Practice this on yourself first since improper use of this exercise has the potential to harm another living thing by accident. I was doing healing work with a teacher on someone that had lung damage. I cleaned myself up energetically afterwards, but a strange thing happened. The next day I developed a bad cold that turned into bronchitis. I was sick for a couple of weeks. What I realized I did wrong was that I had taken in too much of that person's sick energy and used too much of my personal energy. I should have cycled my energy with the Earth and Heavens, and I should have taken proper precautions of energetically shielding and cycling my energy better.

Exercise #10: Basic Energy Healing (Self)

1. Ground and center.
2. Cycle your energy between Earth and the Heavens.
3. Visualize your body of white light. Look for any dark spots in the energetic body.
4. Imagine and feel any darkness filled in and restored with white light.
5. Repeat as necessary.
6. Ground and center to close.
7. You can heal the aura the same way, and I encourage you to do that, but your vision needs to expand outward from the outline of your physical body to your inner and outer aura.

Personal healing should happen on a regular basis, and it is good to check out your energy as part of your regular magickal practice. We will cover energy healing more in the chapter on advanced healing, since healing another person requires mastery of the basics. If you already feel like you have a good grasp on cycling, shielding, energy movement, and knowledge of energy bodies – feel free to skip ahead and explore that section.

Shielding

We have gone over what energy is and some basics for drawing it into our lives. It bears mentioning that not all energy is beneficial. Have you ever been in a room that didn't feel right or been to a place after people have argued? Even though most people are not magickal practitioners, almost everyone can affect energy. There are many times when you don't want to be exposed to, or be influenced by, the energy around you. Shielding can be done, when you feel uncomfortable or unsafe, before any magickal work, to create a safe bubble when you are upset, or anytime you need it. The next exercise is how to construct a basic, personal shield.

Exercise #11: Personal Shields

1. Ground and center.
2. Breathe slowly in and out. As you breathe slower and slower, imagine that you begin to feel safe or protected.
3. Imagine a color that makes you feel safe or protected. Imagine, see, and feel your aura and energy body filling up with that color.
4. Maintaining your breathing, and when you feel as safe or protected as you are able, think of a word that symbolizes what you are feeling right now. Say that word aloud.
5. Say the word at least two more times while you are feeling safe or protected and imagining your personal energy the specific color you visualized.
6. Ground and center to close.

All you must do to get to your personal shield is to think of that color and say that word. The use of keywords like this helps to build your toolbox of magickal techniques that can be accessed quickly and built upon.

Shielding is necessary in healing others so that you maintain an energetically sterile environment, just like when a doctor puts on a mask, gloves, and scrubs. It is a crucial and useful tool when exploring both physical and metaphysical places – such as going on an astral journey to a place you have never been before.

Experimentation – If you are working with a partner, try this exercise with one person feeling the outer edge of your aura and have them note any changes.

Shaping and influencing energy is crucial to creating practical effects. In the personal shielding exercise, you learned how to manipulate your own energy with your imagination. I have found shielding to be one of the most useful tools for the magickal practitioner. I can shield energy that is negative, whether it comes from a person or place, and protect myself when I need to. If you have toxic family members, this might be the one technique that makes family gatherings tolerable! Before any major magick, most people will purify themselves and their space, but neglect to shield. It is not that you need to spend the rest of your life in a bubble; you are really using your aura as a tool and having a healthy boundary.

Boundaries are necessary in magick. Sometimes we blur those lines on purpose, such as using the psychic skill of empathy consciously, but we all need to learn to come back to who we are. In this way, shielding and centering go hand in hand.

The shield can have any property. You can repeat the shielding exercise to create an arsenal of different shields. Here are a few useful ones with examples of colors and properties. The below are just suggestions. You can use any color, property, and word together. These are just ones that I have used and seem to make sense for other people.

Energy Magick

Shield Type	Purpose	Key Word	Color
Protection	Strong, solid protection from all energies	no	Black
Filter	Screening out negative energies and letting in positive ones	Screen	Gray
Peace	To foster a sense of peace when the world is too chaotic or painful	peace	Blue
Aggressive	Proactive shield to ward people off	go	Red
Grounding	Used to ground out any energies the shield reacts to	ground	Earth tones

I remember hanging out late at night with a buddy of mine and we found ourselves walking alone down a dark street. My friend was very inebriated (luckily, I was sober) and I had his arm over my shoulders – propping him up to help him walk. After a while, I could see two people coming towards us, and oddly enough it was two guys with one guy propping his friend up like I was. They pass by us, and my buddy brushes up against them. Suddenly the two guys think we want a fight. Since I was basically one armed at this point – with my arm around my friend – I really didn't want to get into a fight. I made my aura as dark as possible – deeply black and threatening – and hissed at them. The two antagonists screamed, "They're vampires!" and quickly ran down the street out of our sight. Energy work does have practical applications.

Note for Empaths

Many magickal practitioners can use empathy, the psychic skill of feeling and projecting emotions. I have found that shielding helps harness and practice this skill effectively. Empathy works both ways – receptive and projective – with receptive being used most. I used to be overwhelmed by empathy. I would

often feel other people's emotions before my own and get very overwhelmed by them.

After some training in shielding, I was able to get a handle on things. For me, it was not about having a solid energetic shield or armor all the time, it was about using the "screen" ability of a shield to filter out other people's emotions and feel mine and another's at the same time and have healthy boundaries between the two. I encourage all empaths reading this to do the following:

1. Learn to shield and filter out energy.
2. Ground out emotions that are too much.
3. Center to feel your emotions versus another person's feelings.

For projective empathy, you can change your shield to any emotion and project it outwards. To cheer up someone, you can brighten your shield, meditate on a color like yellow, and project it outwards. Really, projective empathy is what we are doing when we are doing any type of aggressive shield. Empathy is a two-sided coin.

Invisibility

Sometimes you may not want to shield directly. Shielding does imply that you are shielding from something that you are in some sort of conflict. Perhaps, you wish to escape the energetic conflict that is occurring or even avoid it altogether.

People, even non magickal people, sense each other through many ways – especially the aura. When someone with a "high energy" aura comes into the room, we notice almost immediately, but we may not notice a person with a "low energy" aura right away. The goal of the next exercise is to mimic someone with low energy by compressing our aura as tight as we can and at

the same time change our energy to mirror that of the energy to that of our surroundings as a sort of camouflage.

Exercise #12: Invisibility

1. Center.
2. Be aware of the edges of your aura and your astral body.
3. Bring the outer edge of your aura to your inner edge by willing it to do so. See, feel, and imagine this happening slowly.
4. Be aware of your breathing. As you breathe in and out, imagine that your combined aura is made of a mirror.
5. Imagine the energy of your surroundings sliding off the smooth surface of your mirrored aura and reflecting any excess energy that touch your aura.
6. Keep imagining the sliding and reflective surface of your aura as much as you can.
7. If you need to, think of a key word that stands for this state of being.
8. When you are done, imagine your aura going back to a neutral state.
9. Visualize and feel your outer aura returning to its proper place.
10. Ground and center.

The more you feel your aura, the easier it is to manipulate. Learning to manipulate the aura and your energetic body is another key skill of the sorcerer, but knowledge is power. Knowing as much about the energetic body as possible is needed so that you know what you must work with and what you can in fact manipulate. Energy is shaped by intention, but we all need to know what that is before we can change it.

The energetic body has its own anatomy, just like the physical body. One of the most well-known parts of the energetic body

is the “7 chakras”. Most people say 7, but there are rather more than that. For now, we are going to explore the chakras and the major centers of the energetic body. While chakras come from the spiritual culture and teachings of India, there are other systems of chakras that are just as valid such as the “Three Celtic Cauldrons” which focus on the head, heart, and belly.

The Seven Chakras

The chakras have been popularized through other practitioners and the emergence in popularity of yoga. Each chakra or “wheel” of energy is a specific center in the body and is attributed to its own color scheme. The reason each chakra is different is because we are natural prisms for the energies that flow through us from Heaven to Earth and back again. The chakras are a spectrum of consciousness from the material to the undifferentiated spiritual – they are a byproduct of the natural cycling of energy through our bodies as revealed through our astral bodies.

Chakras function as “centers” of energy as it is transformed from Earth to Sky and through your energetic body, but also as repositories for that energy to collect. As such, chakras are like organs of your astral body. All seven chakras are connected by one long column called the sushumna and are powered by the currents that connect Heaven and Earth continuously called Ida and Pingala.

They can be damaged by life and trauma just like your aura and main energetic double and should be maintained on a regular basis. Chakras can be worn, torn, blocked (as in the flow of energy is blocked), depleted, or even have an excess of energy.

Most people focus on the seven chakras since they are easy to grasp and focus on major energy centers. There are many books on chakras, so if you want to read further on that subject

Energy Magick

there are a multitude of sources to choose from, but I will give a simple overview as it pertains to our work. Here is an easy reference list:

Chakra Location	No.	Consciousness	Color
Root / Base of Spine	1 st	Physical World Physical Needs	Red
Sacral / Below Navel	2 nd		Orange
Solar Plexus	3 rd	Will	Yellow
Heart	4 th	Love	Green Pink
Throat	5 th	Communications	Blue
Third Eye	6 th	Insight Imagination	Violet
Crown	7 th	Divine Connections Higher Self	Indigo White

Each chakra governs a different mode of consciousness and corresponding aspect of life. There is a two-way relationship between your chakra's health and the healthy ability to function in the corresponding sphere of someone's life. For example, someone that has problems talking about and processing emotions may have a weak, or blocked, sacral chakra. A person that works too much may have an overabundance of energy in their 3rd chakra. Damage to the Third Eye may inhibit someone's imagination.

On the other side of this, healing a chakra can help a person with that corresponding mode of life. It is worth taking note about how energy affects the greater world. Energy is subtle. Doing a healing on someone's chakra is not often a "cure all", but it can assist a person in making the corresponding changes in their life. From the example above of a person that works too much – healing their 3rd chakra won't stop them from over working, but by feeling the differences in their body they will

know what health feels like and can be empowered to make different choices. In that same example, if the person that was addicted to work was able to work more reasonably, their 3rd chakra would probably come back to a reasonable condition.

I have seen some amazing changes due to energy healing of the chakras. A client of mine that was emotionally blocked was able to release long repressed energies due to the chakra healing I performed and was able to start a healing journey that changed her life drastically. For my own personal work, doing work on my heart chakra to heal trauma has helped me see more love in the world and more importantly helped me love myself.

Just like with the body of light, we cannot heal until we diagnose the problems. There are three main ways to diagnose chakra problems: seeing them in “second sight”, feeling the energy directly, or using a tool such as a pendulum. For my own chakras, I typically will feel the energy and use sight; with other people I will use sight with a pendulum since it is less intrusive. In the spirit of this work, where we want to not be reliant on tools – below is an exercise to explore our chakras.

This exercise uses our sight in conjunction with our ability to feel energy. Before you begin the exercise, sit, or lay down comfortably. Also, it helps a lot to re-sensitize your hands to energy by doing the energy ball exercise, rub your hand together for some time, or open and close your hands – alternating between outstretched fingers to making a fist, very quickly at least 10 times. When you are feeling the energy of the chakra, feel for energy that is hovering just over your physical body. It will feel different from the inner layer of your aura. While doing this exercise you can pause between each chakra to take notes if you wish, so please keep something to make notes with nearby. Lastly, before you start familiarizing yourself with the above chart. If you need to you can take breaks between each chakra to look at the chart for reference if needed.

Exercise #13: Chakra Self-Check

1. Close your eyes and breathe until you are taking slow, deep breaths.
2. See and feel your body of energy.
3. Pay attention to the area at the base of your spine. See and feel internally an area that looks red. Take note of any emotions, feelings, and sensations. The more you focus on that area, the more apparent the energy will be.
4. Use one or both of your hands to feel the energy above the area. Feel the outline of the chakra. Does it feel warm or cool? Intense or weak?
5. Breathing in and out, move your awareness to the next chakra. You are looking for an energy that looks orange near the navel. See and feel the energy. Explore it with second sight and touching the energy.
6. Repeat for each chakra. Look for energy based upon the color and area of each chakra.
7. Pause to take notes or study the chart if needed. If you pause, take a few deep breaths to get back into a relaxed state of mind.
8. After exploring the crown chakra, ground, and center.
9. If you have a friend to help you, you can have them take notes on your observation of each chakra and compare your individual findings. The next exercise is to help maintain chakra health and healing. This can be repeated for all the chakras.

Exercise #14: Opening Chakras

1. Ground and center.
2. Cycle your energy, but this time cycle through each chakra – feeling each center and seeing them in your mind’s eye. Cycle the energy from the Earth to each of the seven major chakras, to the Heavens, and back.

3. Cycle and pause your energy at the relevant chakra. Imagine and feel the chakra as a point of light in your body.
4. See and feel that point of light becoming larger, warmer, and more intense. See the colors get more vibrant in your inner sight and feel the warmth of the chakra as much as you are able.
5. Breathe in energy into your chakra and imagine it moving and circulating.
6. Hold your breath momentarily and feel the energy become more solid and dense in the chakra.
7. Exhale and breathe out through that chakra.
8. Hold the exhale as much as possible and inhale again repeating Steps 5 and 6. Do this several times.
9. Move onto another chakra if you wish.
10. Ground and center.

You can start the above exercise at the root and go all the way to the crown or do one chakra at a time. Some people open and “close” their chakras in the same exercise. I prefer not to “close” them since the above exercise should regulate the energy in a healthy way. This exercise was also done with the purpose of using the four-fold function of each chakra.

The Four Elemental Functions of the Chakra

Some books on the chakras try to equate the four elements with the seven chakras somehow. I have found it more advantageous to think that the energy of the four elements is expressed in terms of how the chakras function. The energy of the chakras is not only around us in Nature, but within ourselves. The following is how the elements relate to the chakras’ functions:

Water – When we breathe in the chakras, we are receptive to that chakra energy like water. We drink in energy to nourish ourselves and quench our need for that energy.

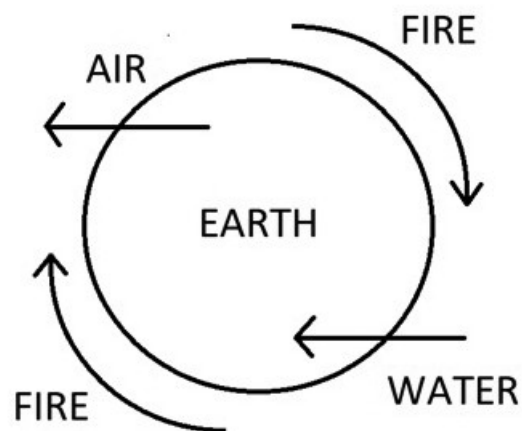
Energy Magick

Fire – When we circulate that energy, it moves like energetic fire through the chakra. It burns away any impurities and speaks to the dynamic nature of flow of energy.

Earth – When we hold that energy in for ourselves, it is held like earth. Chakras have a place in the physical body, and as much energy flows in and out of each chakra some energy remains to maintain who we are and reflects our consciousness.

Air – When we express that chakra energy, we are using its air function. Air in many metaphysical systems refers to creativity. The ability to express each chakra in our behaviors in the world creatively speaks to this.

Once again, there is a symbiotic relationship between the chakra and the mode of existence and consciousness they oversee or influence. Below is a list with further correspondences.



Aura and Energetic Bodies

Chakra	Color	Key Word	Life Area
Root	Red	Survival	Money Bills Food
Sacral	Orange	Pleasure	Sex Friendship Social Relationships
Solar Plexus	Yellow	Will	Work Partnership Responsibilities
Heart	Green	Love	Love Betrayal Hate
Throat/ / Hobbies	Blue	Expression	Projects Likes & Dislikes Hobbies
Third Eye	Violet	Vision	Imagination Outlook Psychic Ability
Crown	Indigo	White	Union Religion Spirituality

“Lesser” Chakras

I would also like to add the following “lesser chakras” since we use them on a regular basis. There are literally hundreds of chakras, and these can be seen in everything from reflexology to Chinese acupuncture to yoga asanas. While these chakras do not traditionally have colors associated with them, I have found it useful to just see them as points of light.

Chakra Location	Function
Feet	Expressing energy to the world
Hands	Receiving and manipulating energy
Above Head	Connect to the Heavens
Below Feet	Connect to the Earth

Energy Magick

Experimentation – Try *Exercise #14* above with the lesser chakras. Make notice of what you perceive.

The chakras are not the only part of your energetic body, but they are a large component. By now, your toolbox of knowledge of the energetic body includes the body as an energetic double of white light that has energy centers known as chakras – both major and minor. The next section is about the manipulation of energy as it pertains to the self, but more so how you can personally control it.

Chapter 3

Fundamentals of Energy Work

Summary: Manipulating Energy, Five Elements, Sending and Receiving Energy, Purification, Enchantment, Energetic Alchemy (Four Step Process)

I was doing healing work on someone in the southwest of America. They had been feeling unwell for some time and felt they were under attack by a sorcerer. I put up a shield but had the shield close to my skin as much as possible – like an energetic set of clothes. I had them lie down and rest while I inspected their aura and energetic field. I was able to find a piece of energy lodged in their body that was the shape of a dart. When I touched it, they cried out in pain. I removed the dart and grounded the energy. The client started to feel much better.

By this time, you have made a few energy balls. Now it is time to practice some more advanced techniques. The next exercise is to master shaping the energy of the ball. It is a small and harmless bit of energy that you have raised for your personal use.

Please keep in mind that while we are playing around for fun at this point, energy can be very serious. If you were doing the self-healing exercise above, you could do harm if you decided to fill in the white light with darkness. In this way, you could cause serious damage to yourself.

Manipulating Energy

At this point, you are familiar with the energy of the self. Now we can deal with how you handle energy that enters your personal sphere. The manipulation of energy is simple in theory but takes practice and experience to master. The next exercise is to further

explore and play with energy to get on the road to mastery. I do not use the word “play” lightly. The goal of magick is not just to get what you want, but to evolve and grow. Modern psychology speaks much of the “child” self – the part of us that is creative and wants to use play as a tool to grow, learn, and explore. We cannot get out of the boredom of our stagnancies unless we are willing to look at the world with wonder. In this sense “play” is our Divine right and we are justified to play to become more than what we are.

Exercise #15: Energy Ball 2

1. Ground and center. Cycle your energy between Earth and Sky.
2. Create an energy ball.
3. Make your energy ball as big as a bowling ball, or larger.
4. Hold the ball in one hand and pet it with the other.
5. Hold the ball upside down and be aware of its weight and how it feels.
6. Hold the ball right side up and close your eyes. Look at the ball with “second sight” and see it as a ball of white light.
7. Change the color of the ball to anything you want, then back to white.
8. Absorb the ball with your hands. You can also breathe it in if you wish.
9. Be aware of your breathing. Cycle your energy openly with the Earth and Sky if you feel drained.
10. Make a large energy ball, and then close your hands together closer and closer to make a small, dense energy ball.
11. Change the temperature of it to as hot as possible – imagining that the ball is burning bright and hot in your hand.
12. Change the temperature of the ball back to room temperature, and then to as cold as possible. Change it back to room temperature after some time has passed.

13. Absorb the ball.
14. Make a new ball that is any size you wish. Hold it for a few moments. Imagine the ball has different textures – make it go from smooth (as if it was made of metal or glass) to something with texture (bumps, spikes, etc.). Hold the ball in one hand, while you explore the textures with another.
15. Absorb the ball.
16. Ground and center.

Energy can be shaped in almost any way. Now, it is time to move on from the “ball” to other shapes. So far, we have really worked with manipulating the quality of energy we already have. In this case, we have been using the chi of our bodies as supplied by our fundamental connection to Earth and Sky. That is not enough. We need to be able to change the fundamental property of the energies themselves.

Note About Egregores

You may have noticed that the energy felt different when you did different shapes. This is by virtue of the fact that “form follows function”. While we can ascribe any correspondence to anything (for example, the color of mourning in the West is black, while in Asia it is often yellow) some things flow more naturally than others. I said some time ago that we need to work typically with Nature and not against it. While this is true, we also need to think about the egregore of that knowledge. An egregore is the sum of energy, experience, and usage that a thing possesses. The egregore of knowledge for the occult properties of fire, for example, typically are that of action, change, and transformation. It is easier for the sorcerer to work with some of these correspondences, and work with the body of lore and experience that is attached to it.

I am mentioning egregores, because not only is it an important magickal concept that gets overlooked, but the next section is regarding the elements – which is an important egregore set to work with.

Five Elements

Almost every magickal system has something to say about the elements – the metaphysical building blocks of the Universe. In the West, they are typically broken down into a system of four or five. The main four elements are usually Air, Fire, Water, and Earth with the fifth element being Spirit. The elements, like all energy, dwell within us and around us. The only major difference is that the elements are specialized forms of energy. Evoking the elements calls us to focus on their specific attributes – qualities that have been talked about and worked with since the time of the ancient Greeks. Think of the elements as different flavors of the energy we already work with. Below is a list regarding their elements and their correspondences.

Element	Attributes	Color(s)	Platonic Solid
Air	Thought/Mind Imagination Beginnings	Yellow	Octahedron (8 sides)
Fire	Movement Transformation Energy	Red	
Water	Emotions Purification Healing	Blue	Icosahedron (20 sides)*
Earth	The body Fertility Stability Money	Green	Cube/ Hexahedron (6 sides)
Spirit	Spirituality The Universe The Divine	Purple or None	Dodecahedron (12 sides)*

*To be perfectly honest, using a sphere for these shaped works almost as well, and is an acceptable substitute.

Most times when people talk about the elements it is also in relation to the four directions in the Western occult tradition (air-east, fire-south, water-west, earth-north), but I wanted to make an emphasis on shapes since we have been changing the physical shape of the energy. Changing the shape of energy not only changes its function, but also its fundamental nature to some degree. If I was doing healing work on someone and channeling energy from them the Universe to them, I might make a cone of energy to direct the healing to them. In this case, I altered the energy in terms of not only the type of energy, but how and why it moves.

In the chart and diagram above, I included shapes from the school of sacred geometry: the platonic solids. These were created by Plato and given elemental assignments over time. The next exercise is to channel energy shape and property. Now it is time to combine what we know about the elements and their shapes with our ability to manipulate energy.

Exercise #16: Energy Shapes

1. Study the section of the chart for Earth and Fire. If you need to, do meditation on each of the elements on your own.
2. Ground and center. Cycle your energy between Earth and Sky.
3. Create an energy ball.
4. Feel the energy. See the ball if you can, using "second sight".
5. Shape the ball into a cube. Imagine the smooth sides of the cube and feel its texture. Use your hands to shape the energy along with your imagination.
6. Use one hand to hold the cube while using the other to touch the individual exposed sides, while holding it with the other.
7. Make your cube as dense as possible.

Energy Magick

8. Imagine that the cube is green and made of the earth. Think about all the attributes of earth energy in terms of nature and the physical world.
9. Take a few moments of contemplation with the earth cube.
10. Hold the cube in both hands and then shape the energy into another shape: a pyramid. Such as with the cube, use your imagination and hands to shape the energy.
11. Use one hand to hold the pyramid while using the other to touch the individual exposed sides, while holding it with the other.
12. Imagine that the cube transforms to red and is made of fire. Think about all the attributes of fire energy in terms of movement, heat, and the power to change.
13. Take a few moments of contemplation with the fire pyramid.
14. When you are done, absorb the energy.
15. Ground and center.

This exercise can take a lot of concentration and energy to start. If you are having problems, please stop at part 9 of the exercise and get used to shaping the energy into that of the earth. When you are ready, you can begin again to turn the earth energy into fire. If you are having problems memorizing the shapes and attributes, try doing the exercise by just changing the elemental energy, – for example, regular energy (spirit) to fire to earth but keeping it in ball form. If you are having issues with using the shapes in general, you can try using gaming dice (like those used for Dungeons and Dragons) to get a grasp of the shape structure.

Experimentation – Try going from the energy ball to the pyramid (fire) to the octahedron (air). Try going from any shape to another. Experiment with changing the elements from air to fire, to water, to earth – just using the energy in a ball (sphere).

If you have a partner, try making shapes together and concentrating on the specific energy types – learning to move the energy together in sync.

Energy does not need to be put into any sort of standard shape. The shape and quality of the energy is based upon what you are trying to accomplish and the need in the situation. I might shape the energy into a big stack of money if I wanted to do prosperity work, or I might shape it into a heart for self-love magick (how to use energy in actual spellwork will be covered later in the chapter). Next, let's try something other than geometric shapes.

Exercise #17: Energy Sculpting-Tools

1. The purpose of this exercise is to strengthen your energy manipulation skills.
2. Make an energy ball.
3. Stretch the ball out until you make the handle of a sword (feel free to look at pictures of swords beforehand).
4. With one hand, pinch the edge of the hilt and pull – lengthening the energy into the blade of the sword.
5. See and feel the weight of the sword.
6. Slowly swing it through the air – either one or two-handed.
7. Give the sword more weight, making it denser.
8. Hold the sword in one hand and feel the other end of the sword (the tip) with the other.
9. Sculpt the sword with your mind and hands. Be as detailed as possible.
10. To experiment with it, hold the sword with one hand and pass it through your other hand to “cut” it.
11. Absorb the sword when done by holding it end to end and sinking it into your personal energy, breathing it in, or any other method.

Experimentation – Try other shapes using the same template. You can make any object you can hold, or you can even create larger constructs. Play with different shapes and sizes and see what you are capable of.

Sculpting energy is once again effective, as “form follows function”. The shape and quality of the energy we manipulate should be in line with the goals we are trying to accomplish. I wrote the exercise with a sword, since making tools out of energy is extremely useful, and it is a skill to master as we move forward. While physical tools are fun and capture the imagination (thus making magick easier), it is not always convenient to have a tool. Tools can be lost, damaged, or stolen – your ability to work with energy cannot.

Sending and Receiving Energy

Sending and receiving energy are probably the most natural of skills of the sorcerer. We often send energy when wishing someone “happy birthday” or if someone is asking for thoughts and prayers during a difficult time. Receiving energy is as simple as accepting a compliment or other kind word. These examples may not seem like much, but they are simple acts that can do volumes. If we think about all the energy in the Universe as like an ocean, then our magickal acts are just one drop, but every ripple in the currents of the energy of the World can create big waves if applied properly.

Energy can be sent to any person, place, or thing. It is not limited by distance or physical barriers. This is due to a few things we can learn from occult philosophy, experimentation, and theories:

Energy connects everything. Energy is a fundamental building block in all things. Just as there is a fourfold body

(See Energetic Bodies, Chapter 2) to us, there is a four-part body to every living and non-living thing. When we send energy, we are tapping into our energetic body to interact with other energetic bodies. The changes in one body affect all others.

Energy travels instantaneously. Energy travels at the speed of our thoughts and intentions. This is due partially since everything is connected, but also that energy transcends time and any limitation that it may impose normally.

Energy transcends space and matter. The realm and power of energy can be thought to be superimposed over the physical realm in a way. Modern physics tells us that most matter is made of space. How do we know that much of that space is not taken up by energy – energy that we know can be felt and changed, but that modern science just has not found a good way to measure yet?

In some ways, we are not really “sending” energy. If everything is connected, then all energy is connected. If that is true, then we are sending intentions with energy as the medium. It is still important to use energy as the medium for those intentions since we are using our minds in conjunction with the energy and the direct shaping of energy captures and utilizes the mind through the power of imagination. Without the use of our imagination, we could not send energy or do magick. Magickal techniques must engage the imagination to work effectively.

Energy is sent in two major ways. Continuous or intermittent. Energy follows many metaphors and cannot be pinned down by just one. Earlier, I compared energy to water. Now I want to use the metaphors of light. Light

is usually seen as a particle or wave. As such, we can use that to categorize the two ways energy is sent: particle or continuous wave:

Particle – Think of the energy ball as a large particle of energy. Energy particles can be sent quickly for abrupt changes. The magickal dart, the energy pall, and other shaped energy that is “thrown” can be seen as particles. These are useful for the need for instant magick, quick workings, or drastic changes.

Continuous Wave – This is used for lasting changes, or things that may be done over time. As an example, your aura is a continuous wave of energy. You can do spellwork by manipulating your aura, or you may send energy in a continuous wave in a meditation. The longer the working, the more the energy will lend itself to something resembling this. For example, if a practitioner uses a doll (for love or curse work), the doll is sending out continuous waves of magickal energy.

Now let us put the theories to use.

Exercise #18: Sending Energy – Particle

1. Choose a target. This should be a three-dimensional space as far away from you as possible that you can walk to later – at least 3-10 feet (1 to 3 meters) away from you. The target itself should be a space and not a specific object. The height of the object does not matter.
2. Visualize the target area clearly.
3. Send energy to the target in a particle beam manner. This could be anything from a “magick bullet”, to an energy ball, to something else. See and feel the energy before you “shoot it”, then release.

4. Go to the target and feel the energy around the area. See if you can feel the shape of the target. If not, feel for the energy the same way that you would feel an aura until you get to the target area.
5. Repeat until you can go over to the energy and feel it directly. Rest and cycle your energy as needed.

Exercise #19: Sending Energy – Wave

1. Choose a target that is an object. Feel the energy of the object until you get an understanding of what it is like in its neutral state.
2. Focus on the target clearly.
3. Decide on a type of energy to send. If you do not have one, just send the energy that comes from cycling between Heaven and Earth. Send energy to the target in a wave or ray of energy.
4. Go to the target and feel the energy of the object. See if you can feel any changes.
5. Repeat until you observe a noticeable change in the energy.
6. Rest and cycle your energy as needed.

Experimentation – Try sending continuous energy from a different part of the body or a chakra (for example, Third Eye).

Energy can be sent any to non-living object and charging them is a useful skill if you want to charge water, a crystal, or really any object with energy. Sending energy to a non-living source will typically enhance the magickal properties of the object.

Exercise #20: Energy Ball Catch Game

1. This exercise needs a partner. It can be as silly or serious as you want.
2. Have each person position themselves on opposite sides of a room or outdoor area.

Energy Magick

3. Person 1 should make an energy ball and throw it to Person 2.
4. Person 2 catches the ball, holds it, adds energy, and changes it in some manner (for example, color, texture, temperature). Person 2 throws the ball.
5. Person 1 catches the ball and repeats the process.
6. Both people catch, add, and alter the energy, and throw it back as many times as you wish.
7. Ground and center when done.

The above exercise is a great way to train. It uses our ability to manipulate energy, send, and receive it. The next exercise is to focus on receiving energy. Energy is everywhere and constantly moving. We have done some receiving of energy when we re-absorb energy balls and other energy constructs, and when we cycle energy between Earth and Heaven.

Purification

We have talked a lot about how energy can be changed – now let's talk more about types of changes. Energy can obviously be “flavored” by the user. What happens when you want to get the energy to a neutral, balanced state? When we want to do this for ourselves, we ground and center, or cycle our energy with the Earth and Heavens. We can do this also to an object or space. This is the essence of purification.

Sometimes we need an added boost to our energy work, and we call upon different sources to help us. The energy we channel for purification must suit the purpose. Typically, water energy is seen as cleansing, but often the sorcerer will cleanse with the “white light” of the Heavens.

Exercise #21: Purification of Self

1. This exercise is using “white” light to purify the self.

Fundamentals of Energy Work

2. Imagine a waterfall of white light above your head. See and feel this energy as much as you can.
3. As you breathe in and out, feel the waterfall of light descending onto and through your head and neck.
4. Be aware of your breath, and let the waterfall keep going at your own pace – down and through your shoulders, arms, chest, torso, waist, legs, and feet.
5. Imagine the white light descending to the Earth – removing all stress, negativity, and impurities – and draining into and through the ground.
6. Center and take a few more deliberate breaths to close.
7. We are using the current of energy from Heaven to Earth with a more direct purpose. It is not just enough to tap into this energy, but to key in what is necessary through a direct and purposeful act.

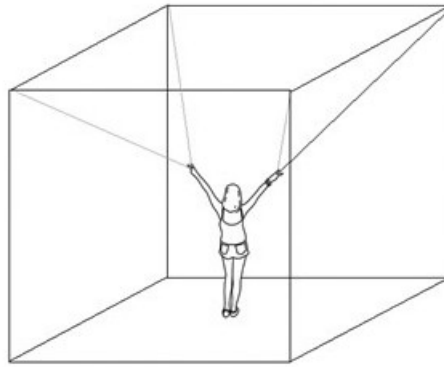
Experimentation – Do this exercise in the shower. Try doing this exercise so that the white light descends in one breath. Let's try this exercise on something other than ourselves. The sorcerer needs to have the ability to not only purify themselves with energy, but also objects and spaces.

Exercise #22: Purification of Space

1. For this exercise, we are basically using the energy of the Heavens to cleanse a room.
2. Find a quiet indoor space with four walls.
3. Cycle your energy between Earth and Heaven.
4. See and feel the energy at the top of the room.
5. Raise your arms to the sky and energetically “feel” the ceiling and top corners of the room.
6. On your next outbreath of cycling energy from the Heavens to the Earth, imagine, see, and feel that you are bringing the energy of the Heavens to the top of the room.

Energy Magick

7. Breathe in from the Earth to the Sky, and when you breathe out from the Heavens lower your hands in sync with your breath – from the ceiling to the ground – imagining the room is filling with white light as you do so – until they are pointing towards the ground and the entire room is filled with light.



Experimentation – When you are done purifying the room, instead of just pointing your hands to the ground, try touching it. Since white light is a spectrum that contains all light – the white light of the Heavens contains all energies – try using a different color/quality of light. An optional end to the exercise is to purify with sound as well such as a loud clap of the hands. Some magickal traditions may use an instrument such as a bell. Experimenting with different qualities of light, leads us directly to the next section on using different types of energy with our magickal interactions.

Enchantment

Enchantment is the opposite of purification in many ways. When we enchant an object or space, we are taking it from a

more neutral state to the type of energy we want. There are endless techniques for this, but the following exercises will lay the groundwork for later explorations. Enchantment requires the following:

1. Something to enchant.
2. Knowledge of the type of energy you are enchanting.
3. A specific intention.

Enchantments are useful for many minor sorceries. You can enchant a coin with luck energy. A person wanting to be a better writer might enchant their pen (or keyboard). A restless person might enchant a pillow for good sleep.

Exercise #23: Enchanting an Object

1. This next exercise is going to be dependent on your specific needs and desires; as such it is more of a walkthrough of the process. Before you begin, you need an object, and a specific intention.
2. Purify the object with “white light” or any other appropriate energy, by seeing, feeling, and imagining that object filled with white light. Start at one end of the object to the other.
3. Channel the specific type of energy that goes along with your intent (this can be elemental energy such as in the chart above or a general emotion for example luck, love, etc.). Imagine it coursing through the object.
4. Think of your intent. Imagine your intent is being imprinted on the object and the energy you just channeled through the object (channeling the energy and thinking of your intent can happen at the same time).
5. Use your object appropriately with your intention.

Experimentation – Hold the object in your hand(s). See and feel any energy radiating through it. Feel the aura of the object. Hold the object and “charge” it for different lengths of time. What happens?

When most people work with charging an object, most practitioners are working with the intent or the energies they channel. It is important to do both. Sometimes we use objects that have metaphysical correspondences in alignment with our goals. This is us working with the inherent nature of the object. If you don't know the type of energy you want to use, feel free to use the “generic” energy of white light.

Energetic Alchemy – Four Step Process

The goal of the sorcerer is to make changes in the world based on the manipulation of energy. One branch of occult study that is all about making changes is alchemy. As such energy work and alchemy go hand in hand.

Alchemy is simply the occult science of transformation. This science has been used for centuries throughout the entire world and its history. A larger work on Alchemy would do it justice, but for now it is important to understand it the study of universal changes and how it is broken down into several processes. These alchemical steps can vary in number, but a general rule is that the longer the process is, the more lasting the change is. I like the 4 and 7 step process of alchemy the most, and the next section pertains to the 4-step process and how we can put any energy through an alchemical process.

The four-step process of alchemy corresponds to many “fours” in magick, such as the four energetic bodies, the 4 elements, and many more. The four-step process is as follows:

Nigredo – The Black Stage: This is the first step in the alchemical process and relates to destruction. It is said that every act of

creation is an act of destruction, and that is true here. This stage corresponds to fire. It is the process of breaking down energy by destroying any previous intentions and information attached to it and reduces it to its barest essentials.

Albedo – The White Stage: This is the step of purification. This stage corresponds to water. It is said that water is the universal solvent and can absorb and wash away any impurities. Here we use the spiritual energy of water to clean the energy we reduced by fire in the last stage.

Citrinitas – The Yellow Stage: This is probably the trickiest step and is often skipped. This is realizing the inherent divinity in the energy and making a conscious choice to having that energy be reconnected to the Divine. All energy comes from the same source: The Divine or The Universe (however you want to phrase it). Here we allow the energy that is purified to shine with its own power in order to turn it over to the Universe. This phase can correspond to Air.

Rubedo – The Red Stage: The final stage is where the energy we have taken is blessed by the Divine and takes a form that we can readily change to something else or be accepted into our being. The “red stage” is a merging of the energy with ourselves, or our goals. If this energy is being used for something other than absorption into the personal energy field, then it can be used for any purpose and further transmuted based upon the will and intent of the practitioner. This stage corresponds to the Earth.

For energetic alchemy to be effective, you need to have mastered the basic trio – grounding, centering, and cycling – and the skills of absorbing energy and putting manipulating energy into the changes you want. Feel free to review *Exercise #16: Energy Shapes* and *Exercise #20: Energy Ball Catch Game*.

Exercise #24: Energetic Alchemy

1. Sit in a calm place where you will be undisturbed (optional, but useful for the first time trying this).
2. Move your arms so that your arms are off your lap, your elbows bent, and hands open as if you are receiving an object.
3. Collect the energy of the room and shape it into a pyramid.
4. See, feel, and imagine this pyramid of energy burning and slowly turning black. Imagine the energy is burned of any intention or type.
5. When you are ready, shape the energy into that of a sphere. Imagine this sphere is filled with spiritual water that can cleanse all things. Change the energy to the color white and focus on the energy being purified.
6. Keep the energy in the sphere but imagine it turning yellow. Imagine the energy glowing yellow or golden. Think of all the ways this energy is inherently good and useful. See and feel the energy stabilize and grow warmer and heavier.
7. Feel the sphere and imagine or sculpt it into a cube. See and imagine the cube turning red.
8. Let it become as solid as you can.
9. When you are ready, absorb the energy by pushing your hands together.
10. Cycle your energy.

The energy you receive can be from anywhere or anything really. I have had people “throw” bad energy at me, and I will receive it, only to take it through an alchemical process and absorb it. This is also useful for energy for spellwork.

The next chapter goes into meditation and trance so that your magick is more effective. We will also explore the astral realm, what it is, and how it pertains to modern energy magick.