

and has been known to work. For example Isis most of people have heard of, but that's a Greek name, her native Egyptian name is Aset – is that correct? Who really knows. Then again there may be older ones and alternative spellings so where do you stop? If you pick one that's established from previous attempts then you have a good chance of calling the right one.

Another option that I go with is to make use of other connections to the name (as I mentioned above about fine tuning the address). Using the same example again of Isis, I could say that name (or Aset) while also picturing an image of her, holding one of her amulets, touching or addressing a statue of her. Any or all of these things will help in locating the subject.

An additional example recently occurred to me while watching the film *Bed-knobs and Broomsticks*, is Ashteroth and Asteroth. Two slightly different spellings some class them both as a demon, however some class the former as an aspect of the mother goddess. Which would you rather turn up if you called the name?

The whole subject of names will be further discussed in a later session on evocation as this is where the greatest dangers lie.

In summary, we perhaps take for granted the use of names and how we use them during rituals. Whenever you use name just think of what it means and what you are calling for, they may not come but they are listening (or something is if you have the wrong one), it's their choice to come freely unless you force them and that's never a good thing. Or at the very least you've alerted them to your presence and that may perk their interest in you. For the rest of us mortals, the name is as important as our souls, to use names is to play with another's existence, do so with care and respect.

For visualisation purposes using spoken words and names are an even easier option for us than any written form, as there is no need for any kind of expression or preparation for us other than the reciting from memory. However as this may be the focus of any intent with little or now supporting methods as you may include during physical working, the words will have a extra depth and importance so all of the previous discussion should help with the pitfalls in using words. Remember spirit can and certain ones enjoy taking a literal interpretation to your words. As an echo of a previous session, be careful of what you wish for.

Session 9 – Energy Working

All in the previous parts of the course is energy working, its what we do with magic too.

This session takes a look how I link visualisation with all the other stuff I do, and again I will state this is from my personal point of view and not a general view, and to be honest when I wrote down that title I really did not and still not quite sure where I am going with this topic!

Nevertheless I will start from the furthest point away and see where it goes. First let me ask what is energy working? Working with energy of course was my first response, but that's too lacking obviously, I need something more. From my perspective, stepping back and looking across what I do, all the various things like channelling energy from my goddess for magical purposes, charging items, healing, spells or rituals to direct change, visualise and projection. And that is the same whether its physical or non-physical working they all come back to especially the manipulation of energy in one form or another. Everything is made from energy if you look at it from the view of sub-atomic physics, so I'm sort of merging science and magic, which is another area of discussion and not really the point of this topic I will have to save that for another time.

What about other things I could do? Well, what about seeing ghosts/spirits or auras for example? With these I am sensing and overlaying my vision with something (usually energy based) that exists in another plane of existence or however you interpret it. So a firm link made between energy and visualisation. I have another question in general too, if you draw a pentagram or some other shape in the air as part of a ritual, do the lines remain as you draw or is it just in your mind? Is it really in your mind or is it actually manifested energy? If you do that are your eyes open at that point too?

Visualisation does not necessary mean you need your eyes closed for it to work or be classed as visualisation. When you do energy work with your eyes open and you sensed by your eyes or stimulating your visual centres of the brain could it be classed as visualisation?

I think a small chicken and egg situation here. Is visualisation all in your creative mind or can it be a thin line between something you create and once you are working and things pop up, are you or creating them? Normally it could be said that your subconsciousness or external force is putting the images into the visual centres of your brain so you sense it. Can the same be said about things you

see like auras? You have these other terms such as clairsentience, clairaudience and clairvoyance, and yes they are on similar lines to visualization but traditionally they suggest external influences affecting the various associated parts of the mind or senses. OK lets leave how it works for the moment as that could send us loopy, and get back to the practical aspects.

What is real? Silly question I know, when I pull a visualized item from the air to use like I said in session 3, is it real or still in my mind? To me it looks a bit ghostly but still has an energy form therefore it exists somewhere but not necessarily fully manifested in a physical material plane such as the one we are in. but this plane is just a different set of energy levels that cause us to form this solid existence.

With the various forms of energy that we can manipulate and if you think about any of the rituals you follow or texts you read and how often it says 'do such and such... and visualise or imagine something' then you are half way there.

I've found wakeful or open eyed visualisation practically more useful than sitting or laying somewhere with my eyes shut. Yes, visualisation with my eyes shut is hugely important but its not the whole story and it becomes practical if you don't need to be hidden away. I can be doing things and the task in hand can benefit too from being able to wrap a visualisation ritual, or effect into it.

Some examples then of my most common combinations of physical and visualisation use:

1. Energy flow in ritual. Easier to direct especially if I'm trying to target an item to enchant it. Not often doing that really but its important to know where to point.
2. The rare instances of creating a protective circle. I don't often do them, will do in some cases where I am not sure of the amount of rouge energy that could be around me or I want to be extra careful and not disrupt my environment. And as I tend to work through projection to my safe place that's already protective so no need physically to do it.
3. When I am casting runic or word like symbols in the air with my finger. Need a bit of accuracy there so I don't do something wrong. I then tend to push them from me afterwards to my target.
4. Healing. This is a tricky one. I do this with and without my eyes closed. Depends on

circumstances and intensity I want to give. More intensity usually means I have to close my eyes so I don't become distracted.

5. Most important one. Communications with my goddess. She is there all the time. I don't enter any trace state to communicate we natter all the time in general, its only when something more formal is required and then I would most likely go for the eyes shut with a bit of projection.

I take the view that visualisation does not necessarily mean the imagery is something I have created, for example when you do a working or projecting and you see an environment, how much of that is created by you or is the energy coalescing into a form that means something to you? There is a mixture of things going on, in some ways it does not really matter how or why this happens, if you were really interested in finding out then there are all sorts of things you could try, but for the day to day function of using it as tool its not important, what is is what can you use it for? Much like a car, lots going on under the bonnet but who really cares so long as it gets you to your destination.

Science tells us that everything around us is energy in one form or another and how we perceive it is just due to how that energy assembles itself into some sort of combination of parts. From our side there is the general view that magic is down to changing causality or probability, the two sort of head into one another and affect each other. Magic is manipulation of energy via force of will.

Do you believe in only what you can see? Considering you are here you are most likely of the opinion that there are things around you that exist but you cant necessarily see so you are well on the way to understanding that what your imagination can create can manifest and exist independently of your mind (a nod back to a previous session where I discussed Thought Forms). Magic really.

So magic is energy and visualisation is a useful manipulation tool to achieve your aims. Perhaps traditional magical use revolving around spells and ritual are where you base things around, and visualisation from what you've experienced is just made up stuff without all of this extra baggage. How can this be? There is no conflict as such, I would suggest visualisation is the higher form as it has direct influence of probability, causality and matter however ritual can reinforce the intent and focus, not necessarily as much for a sole practitioner, as the intent is already there, more so for groups so that they all have the same focus as we all experience and think slightly differently, the

group needs some thing to point them all to the same goal.

Where does that leave us now apart from confused and go round in circles? Although I still do have a few set rituals they are in the minority, since I am visualising read willing something then that will do the work for me.

There are various practices that I've read of where direct manipulation through their ritual or visualisation techniques will apply or channel energy through the bodies energy centres.

How does it feel?

Of the actual experiences I've had with energy in whatever form it takes, I've found that care needs to be taken all the time, no matter if I'm already are familiar with that source or if its a new sources. Its highly volatile and needs to be treated with caution. Like any animal trainer, the work we may have done for years with that animal may be good but one day it could suddenly turn and bite with no warning or reason.

From what I've experienced the physical sensation can take differing sensations depending on the type, destination and source of that energy flow, remember, most of what you are dealing with is usually external forces ether from other planes, the environment you are, some can come from your own being but of course you are putting yourself at risk of damage due to depletion. If you channel spirits, divine entities or just raw energy from some where then protection is key. How? Session 4 went into the specifics of shielding options.

Kick start usually starting via intent, ritual usually, words, gesture, posture, various triggers as mentioned back in some earlier session.

What do I see?

Energy is around us naturally and supernaturally, it is the building blocks of the multi-verse. Healing, spirits on various planes, elementals, divine beings, all of it. My opinion is visualisation and projection as possibly the best way to interact with these varying energy forms as through that method the mind can be free of our physical limitations and is truly free to experience the varying energy levels that all of these forms. A good means to contain, focus and flex that energy flowing

around us.

Energy can be sourced from a planer location taking on the attributes of that source, say water elemental plane for a cool soothing experience. Raw positive life force is highly energetic, and the self has its qualities too.

Personally used energy generated during ritual, healing from my Goddess and more recently Reiki healing energy work. All have a different feel (physical and non-physical) or texture if you can say that, for example my main ritual energy and healing energy which as I channel from my goddess both feels like liquid electricity, I recently described it as like in those TV commercials where they use trails of light that appear persists and leave a glowing trail. And there is a lot of static hair on end feel. If I'm using it for healing then I can feel the heat and static coming off of it as it passes by. Feels very strong. The Reiki energy I have been experiencing is similar but not quite, it certainly feels almost but not quite like the energy from my Goddess. I can say though with certainty that its a different colour or taste if that makes any sense. Moves differently too. The flow is different.

Before I was attuned to Reiki I went to a share where I did what I do through the merging of my healing source to the temporary Reiki connection I was given for the session. I could feel both forms both with different experience and those present felt it was different, not in a bad way, just different. Since I've been looking at this in more detail since the attunement my interest in Tai Chi has resumed from its previously neglected state, I've found that both these practices and martial arts in general have given some of the more interesting interpretations of energy work with Chi and its other localized varieties. I no doubt will be looking at this deeper in the near future.

But getting back to the actual control of energy flow, usually within a ritual setting the kind of static feel, the heat along the back all effects brought about by the action of the energy flow on our bodies as they are electrically conductive so will sense this kind of thing.

I've noticed stopping can be a tricky thing and the amazing feeling of the energy you are working with can be very seductive, and perhaps this is why it drives some people to thirst for more, until they reach a point where they can no longer contain is and it consumes them, or they make a serious error.

Like most rituals where banishing or grounding takes place after to dispose of the remaining forces

this is the same for purely energy working too as they are both trying to achieve the same end. Other methods include dispersing in various ways, for example a chaos magician once told me he just laughing it off! But it is important to ground. I know if I dot get it right as I will feel unbalanced for a few hours or even have a very poor nights sleep.

I've now sort of run out of things to say on this topic for now, not quite sure where this has led or if its just been a tumble of words. Perhaps what I've been trying to say is that magic and energy is the same and visualisation is the tool I prefer to use. Its not the only tool I use, but its the one I find the most effective and convenient as my head (not surprisingly) I have with me all the time and it takes very little time to pull something together to apply my will with no obvious weirdness to passers by.

One thing out of all this to remember is your mind is a tool too. A powerful one. Don't neglect it. Use it and do it regularly.