

## Session 4 – Putting Visualisation To Use

In the first half of this session we will be building on previous ones where we learnt to set our working environment and the methods we can use on our journey. In this session we will be examining what practical uses we can put all of this to.

After that we will explore an area, which for some, class as a whole new world, but for me is often an integral part of visualisation. And that is something called Astral Projection, or at least my take on this immense subject.

Starting with practical uses, most books will at this stage in their reading will point you towards ways to bring about change in your life, most likely referring to it as wishing. This is great tool and I will talk about that now, although there is so much more and I these will be discussed them straight after.

For 'wishing' a few commonly listed points that are suggested are:

- Set your goal, and set one that is reasonably attainable.
- Don't make wishes too specific as they are harder and take longer to come about.
- Keeping the wish going to refresh the desire – keep the wish in your mind, recall it once in a while and then push it back.
- Act as if you have it – acting as if you have the result brings it on quicker.

Simple tips and for this aspect of visualisation they can be. But beware! Wishing can play big tricks so be careful of what you wish for. I mean should you wish for more money, then that has to come from someone or somewhere, will someone have to die so that you can inherit? An accident for an insurance claim? Wishing is a dangerous game to play and if you've ever experienced working with Thought Forms, fair folk or elemental who exhibit similar tricky behaviour then you will know what I mean. Keeping the wish non-specific means there is a greater chance of success as the result can come from multiple sources.

I won't be explaining how this actually works as that's highly debatable, but my personal view is the wish is adjusting causality to bring about the wish, as well as the self being more mentally open to opportunities that may present themselves. It's a complex subject and not one I will admit I know all the answers to. It's just another tool.

Wishing does not only mean to bring things to existence, it can also be used to stop things from happening. One example could be if you are going for job interview you could act out the whole process around how you want it to go or not go depending on the additional emotion you can overlay it with. Perhaps using this particular approach may be just a purely psychological process, to work out issues, I suppose though, like all things it comes down to the level of intent.

I was recently asked about how do I push my wishes out? Do I exert my own will or ask my goddess to do it? I like to be awkward and I will answer with both options. I gave an analogy that I quite like. I see my relationship to wishing as if I was going into a shop. Sometimes I know what I want and will go straight to the aisle to get it, sometimes I don't know where to go or how to approach it, so in that case I will ask my goddess for help i.e. the shop assistant, she will know where to look or will do it for me.

There are also less potentially dangerous uses for visualisation I've found and that's using it in enhancing talismans or amulets. This form of symbolic magic naturally fits with visualisation due to lots of word and imagery use, therefore their construction if used mentally allow them to be easy to pulled to mind and projected when required at any time. One of my favourites is to use the runic Rad symbol which I project 10ft high in flames on the bonnet of my car and push down the road ahead of me should I need a clear path to get me some place if the traffic is a problem. I will cover this aspect in a later session.

I mentioned Thought Forms just a moment ago, some practitioners find them a useful tool, but even if you don't necessarily want to use the technique it is still useful to understand their creation, and their use as it will give you inspiration to what can be achieved through visualisation.

In essence its a self-contained semi or fully sentient entity created from your own conciousness and life force. The creation of a Thought Form is usually a long process of creating an visualized form, giving it a name and conferring some level of intelligence usually granted by merely declaring its abilities and purpose of existence. They are commonly created for single use such as locating items

or information, to travel some where and do something, or they could be just to act as a watch dog.

They are highly effective creations, but care must be taken to ensure that the level of independence given to them is not too much, so that they do not come back and bite you. If given too much self control they may resent being ordered about and will, like all life forms of any kind, want to exist independently and any attempt to control or dissolve them will result in revolt. This is especially important if the entity is a long term creation which you will have hanging around as the entity if given enough intelligence early on could learn and adapt. Anyone with patience and strong enough willpower can create these things.

For the purposes of my talk right now the most important point is that they are created via non physical means, although they can and often do exist in a physical sense. Visualisation has made something physical and to show there is a cross over between physical and non-physical working, even so part of the wishing process includes this perhaps not in such a controlled way.

Taking this further, I have often taken items created through visualisation into reality and the above methods do that. Although I have to stress that I can't conjure up something from thin air, that would be too easy, it usually takes months, sometimes years of repeated visualisation on the item I want to transfer. Then when I require the item I can then just quickly picture it in my hand and call its name. The item so far has never actually become solid physically, to my eyes I only see a pale ghost of the item. That is usually enough as I tend to only use this for ritual purposes, so no chance of producing a new car or anything, sometimes magic is not worth it and I may as well make something or go to a shop and buy it.

Perhaps it is possible to create something that real. It will most likely take a life time of training and dedication. Is it really worth it? Sometimes the art of magic is knowing when to use or not use it.

Going in a more confusing route, sometime ago on the CoA forum I mentioned I made a new wand, it was my first proper one as I tend to prefer non physical rituals, however my main use with it will be in my visualisation rituals and occasionally if I need it physically once an astral form has been created I can call for it, this saves having to carrying it around. It will also exist on more than one plane so it could be extra potent when used for or against spirits and that's something I will need to experiment with.

For this to happen I have to make use of the idea used throughout many societies of the concept that of grave goods being taken to the afterlife. It's not a method I have used before so I'm still experimenting with the method. My technique so far has been to cleanse the wand as I would for any ritual tool, give it a name so I can call for it. I've also put a little bit of my own life force into it much like a Thought form, this is so that it can have a little bit of self awareness but not too much, and it now carries my personal connection, energy or vibrational rate depending on what you want to call it, so when I journey to my astral temple it will be in tune with me and the location, it will slot in as if it had been created there and not on the material plane.

This method felt the right thing to do so I did it. I will see over the next few years how well it worked. To project it up requires constant visualisation of every minute detail of the wand so I can create a mental model of it over long periods of time, the more I do it the more 'real' (in a non-real way) it will be if you get my point! Much like the wishing process.

Of the other practical uses I've found, one of the most effective examples regards the use of visualized amulets and sigils. For example, over many years I've used a 10ft high flaming Rad rune which I project along the road ahead of me for as far as I can hold on to it, usually in slow moving traffic to try and get things moving properly again.

As an example of using traditional physical amulets via visualisation, you can take any amulets or sigils and project them via visualisation techniques, they do lend themselves to this kind of use as they are quick and most are also fairly easy to visualise.

The only limits of visualisation are the limits of your creative imagination. Experiment.

## ***Introduction To Ritual Workings On The Planes***

Now to the second of this session's topics. Astral Projection is a big area like visualisation and there is much to say about it. Although I've had a long time to play out there, to be honest, I've not gone far in exploring the possibilities. It does not serve my purpose to go off playing with the various inhabitants or travelling to amazing places, I know they are there somewhere, but my purpose there was, and still is to create and maintain a safe place to work which removes the need to require physical rituals and that is what I will focus on now.

I chose this route for a number of reasons:

1. I'm highly creative therefore I find it easy to work with my mind
2. My goddess wanted me to as it suits her better and that's perhaps the biggest reason.
3. It's more convenient for me as I can be anywhere physically and if I feel in the need to do something its' just a jump with the mind away.
4. And finally as I've moved deeper into the Egyptian path I've taken on more of the traditional form, but that requires some fairly serious physical changes such as shaved body hair, various make-up and odd costumes that can be a difficult thing to maintain along side a contemporary life style. Through this method I can drastically change my appearance with minimal effort.

There are so many books on the subject of the Astral Plane, many with wildly differing interpretations, I think its best to let you find the information that appeals to you. Suffice to say that outside this physical plane that most call the Material Plane, there are set of planes of varying energy levels, many of these books will list them, with descriptions of the various areas and their inhabitants. Although the view or interpretation will depend on your particular path, or experiences.

As far as I'm concerned in this session is that we are going to or already are somewhere other than the physical plane using our mind, whether you visually travel to a dark empty plane, an elemental plane or woodlands. That's up to you, its is your working and you have to find your own way, something that books tend to forget and take you down a particular road which can be quite distracting if you are not comfortable with it.

Although I will refer to the Astral Plane, but as I've previously stated the plane of choice is irrelevant and you choose where you want to site things.

### ***How Does Visualisation Help In Working Astrally?***

All planes are essentially blank canvases, the appearance is subject to the will of those that inhabit it, and this goes for you too. Going to an inhabited area will be problematic as their effect on their

home plane will obviously be greater than yours, choosing somewhere empty and there are lots of of it considering they are infinite, you will stand better luck in doing what you need to do.

As the environment is under your control this provides a more convenient working area than physical reality so whatever you find difficult in the physical world you can change here, and like I said, I need to apply a variety of physical changes to my own form.

If you work with deities or other worldly entities, then working on a non-material plane can benefit both sides as they will normally find it easier manifest there rather than the material plane. Do watch out though, the experience can be a whole lot more intense – so be warned!

So there are no limits? That is true, but there is also greater risk from the environment that is essentially chaotic in nature and from any thing that may be in the area. This is where we will go the next session in discussing forming safe environments against these external risks.

Any questions or items to discuss?