

Introduction to Magick & Spirituality

Basic Magick Protocol

Our first set of classes, I'm giving a brief rundown of some of the basic fundamentals of magick and mindfulness as a solid foundation for the course work. Are you ready to start on your own path to spiritual alchemy?

Overview of Ch.1

- Getting the most of these courses. (See Ch.1 pt.1)
- Your Book of Shadows: Sacred Journaling (See Ch.1 pt.1)
- Intention setting. (See Ch.1 pt.1)
- Healthy Habits (See Ch.1 pt.1)
- Sacrifice & offerings. (See Ch.1 pt.1)
- Creating an altar space
- Introduction to the elements. Calling in the guardians of the 7 gateways.
- Basic Magick Protocol
- Live follow up with guided journey to honor where you are now and ground you into the coursework ahead.

Recommended Chapter 1 pt 2 Materials:

- A space for a personal altar. See building your altar for suggested materials.

Ch. 1 pt. 2 Overview

- Creating and dedicating an altar.
- The 4 elements: Air, Fire, Water, Air
- Calling on the 7 directions to cast a circle.
- Explaining the guardians of the 7 directions (gateways)
- Basic Magick protocol.
- A Bit on Magick Wands



This space is sacred

Creating an Altar

What is an altar? I imagine an altar as a magickal space that can help you and your space to connect with specific energy streams. Those energy streams are set by your intention. There are altars for healing, manifestation, protection, sex, or all of the above. Some create altars to connect with specific feelings or states of consciousness (peace, love, clarity, meditation). Altars can be created to connect with practically anyone/anything: the elements, the seasons, deity, ancestors, , God(X)(S), sun, moon, spirit, extraterrestrials, fuckin David Bowie... You get the point. An altar is a sacred space that can allow you to step into non ordinary reality.

For this class, I'm going to show how I personally compose a basic altar for magick and intention setting. There really is no wrong way to do it. I've seen a lot of information going around with very specific do's and don'ts. To be honest, do what feels right for you. My only suggestion would be to try to keep most altar spaces tidy, unless you're trying to honor the gods of garbage or filth. Hey, I ain't judging. Anything can be considered sacred.

I'm choosing to represent all of the elements in this basic altar, to offer you a flexible starting point for your magick work. Over time you might want to have specific altars dedicated to specific elements that resonate with you. For this basic magical altar, you only really "need" one item to represent each element. Use your imagination. This will help you connect deeper with the elements.

I would also like to encourage you to journal what you choose to place on your altar. Remember your book of shadows is a documentation of your spiritual journey. Years or even months from now, it'll be nice to reference where you started off on your magickal adventure. Before gathering your materials:

Book of Shadows Journal Prompt:

What is the intention for my altar space?

What can I use to represent the 4 elements in my sacred space?



Suggested Materials: All of these suggestions are optional. Try to incorporate at least one item for each of the 4 elements: Air, Fire, Water, Earth.

- Air: Feathers, Incense (smoke), Smudge bundles, Fan, wind instrument (whistle, flute, etc), wind chime, images or figurines of flying winged creatures.

- Fire: candles, burning incense, crystals/stones related to fire (carnelian, fire agate, lava rock), ashes.
- Water: container of water, seashells, pearls, ocean rocks, flowers in a vase of water, liquid perfumes.
- Earth: Soil, Crystals, rocks, sand, herbs, plants, salt, perfumed salt.
- Sculptures, images, art of patron deities or inspirational figures in your life.
- special items that you would like to include on your sacred space. ie. wands, divination tools, sacred jewelry.
- Fun nicknacks, figurines, action figures that may hold special meaning to you. Anything can be considered sacred if you believe it to be so.
- Colored altar cloth or mats, if you wanna get fancy and shit. You choose colors that align to specific magick properties or deities, but honestly, you should really choose colors that you like.

Location: This should suit your desires and your space. It can be on a small shelf, the top of your dresser or cabinet, you can create a small altar on your coffee table by separating it with a tray or plate. It can be outdoors or indoors. Whatever works for you. As long as you keep in mind that your altar space is sacred, you're all good. I would recommend placing your altar where it's visible and accessible. I want you to be connecting with your altar space regularly. "Feed" your space with your time and energy. You'll be amazed at the energies that you will cultivate when you deepen your relationship with your sacred space.

I'll be showing more on how to activate your altar in the class video. It can be as simple as lighting a candle and acknowledging that it is now your sacred altar space, but I'll show you some more in-depth info on how I dedicate my own altars.

Setting an altar space can actually be a form of meditation. I find with every space I create, I move into a trance like state. Your interactions with your altar(s) should always feel special.

The time that you dedicate to creating your sacred space can also be considered an offering for an intention. ie: You are dedicating your time and energy with the intention of raising the vibration of the space to suit your intention.

*New Moons are a great time to build and dedicate your altar, though it's not necessary.

Magick on the go: Travel Altar



I have a simple altar kit that I usually travel with. It simply contains a rosemary bundle to clear space (air), a small candle (fire), tobacco leaf for offerings (air/earth), sweetgrass to call in spirit guides (air/earth), a seashell to burn the bundle or incense over (water), homemade florida water clearing spray (water) and a small rose quartz wand (earth). I try to avoid burning charcoal on the go because it's just not that convenient. Incense cones and burn bundles are the most convenient for travel. All of this fits in a little cigar box or cloth bag.

Whether it be a space dedicated to peace, love, money, and/or magick,
 May your altar be a centered source of the energies that you intend to cultivate.
 Ashe and so it is.

Air, Fire, Water, Earth

The 4 Elements

You'll find almost everything in this plane of existence is connected to the 4 sacred elements: air, fire, water, & earth. The elements are the fabric of our reality. When we connect to the elements in our daily lives, we will begin to move through life with ease and balance. As you become more familiar with the elements, you will learn which ones to call on when you are experiencing imbalance. Feeling tired and depressed? You may light a candle and call upon fire for inspiration and power. Feeling anxious or unstable? Call upon earth to bring grounding and support.

Here are some correspondences to the elements. Throughout this course, I would like you to start thinking of how these elements connect with your daily life. We'll dive deeper into each element as we progress through this series.

Air: East

- New beginnings, spring, first breathe of life, intellect, clarity, spaciousness, clearing, freedom, expansion, communication
- Eagle, hawk, and winged creatures allowing us to see situations from a higher perspective.
- Signs: Libra, Aquarius, Gemini

Fire: South

- Transformation, action, sex, passion, courage, power, creativity, inspiration, playfulness, summer, shapeshifters, curiosity, fearless expansion.
- Snake: transformation, fox: playfulness and curiosity, phoenix: transformation, lion: sun, courage
- Signs: Aries, Leo, Sagittarius

Water: West

- Healing, love, cleansing, emotions, release and receive like the waves, flow, moon, maternal, dreams, cycles, autumn, inner vision, introspection.
- Sea creatures like whale, shark, merfolk
- Signs: Pisces, Cancer, Scorpio

Earth: North

- Stability, strength, grounding, grandfather energy, ancestors, ascended masters, wisdom, support, understanding, elders, winter, hibernation, grounding, material, trees, plants, slow and steady

-Bear, elk, bull. Large, slow moving creatures, Fae
Signs: Capricorn, Taurus, Virgo

Book of Shadows Journal Prompt:

What element(s) can I incorporate more of into my life in order to bring me more balance at this time?



Casting a Circle

The 7 Directions

Casting a circle is an important part of protecting the energetic integrity of any magical work. I cast circles before I do readings, healings, ritual, and any magical crafts. Calling in these guardians creates a powerful energetic container around your space, allowing you to safely and efficiently raise energies for the work. Calling in the directions creates a protective perimeter around your space. You dictate what is welcome and what isn't in your container. There are many ways to cast a circle, for this lesson, I will show you the way that I normally cast a circle when I am at one of my personal altars.

In my practice, I call upon the guardians and gatekeepers of the 7 directions. The 7 includes the guardians of the 4 directions (4 elements) and the guardians of the vertical axis (upper realm, middle realm, and lower realm). This is the way I learned to cast a circle, which I actually imagine as a spherical container. Many cast a circle by calling in the 4 directions and call it a day. That's totally fine too. When I call on the guardians of the 7 gateways, I'm acknowledging the multiple planes of existence that I actively work with. I call on the guardians of the 7 directions because it allows me salute the patron deities and angels that I work with in each area and to consciously welcome love into my work. I'll get more into this in a bit.

How to cast a circle:

-First, get grounded and centered. Close your eyes and take a few deep grounding breathes and bring yourself into present time.

-Next, clear the space energetically for your work. You can clear by burning incense or your choice of clearing herb. I walk the smoke around the space, and releasing any negativity and energies that do not serve my highest good out the door or window. I also sweep the area with a broom clearing any dust, and stagnant energies out of the space. You can choose to do either, or both. You can also use your mind to clear the energy, but if you are just starting your practice, it's good to get to know how it energetically feels to release and clear energies by trying the methods that I'm recommending. It's always good to have solid clearing habits before initiating magical work. You'll find that the act of clearing space further brings you into present time.

-After clearing the space, light (a) candle(s) focus on the intention for the work you are about to perform.

-Start with with your finger or wand pointed in the east and work your way around clockwise creating a circle around the space. Imagine where the borders are.

-Then call on and welcome the guardians of the 7 directions. Salute them verbally, and as you welcome them in individually, take the time to feel the energies that they evoke.

- Below is a simple starter invocation, but I honestly say something different every time. To me, the feeling is most important. Imagine energies coming from each direction to seal and support your work.

“I call on the guides and guardians of the east, Air- the fresh breathe of life and new beginnings, clarity and vision from a higher perspective. The carriers of scent, sound, and divine inspiration. I welcome and honor you into this circle guardians of air. Thank you, thank you, thank you.

I call upon the Guardians of the of the south, Fire- the force that ignites the powers within my head, heart, and womb. The flames that burn away fear and resistance to change, welcoming strength and transformation. I feel the essence of passion, creativity, and vitality in your presence. I honor and welcome you into this circle, guardians of fire. Thank you, thank you, thank you.

I call upon the Guardians of the west, Water- the graceful energies that flow through space with love. The waves that wash away negative and stagnant energies welcoming healthy flow within and without. I feel the nourishing waters bringing me all that I need at this moment in time coming from oceans that are never-ending and abundant. I honor and welcome you into this circle guardians of the water. Thank you. Thank you. Thank you.

I call upon the Guardians of the North, Earth- the loving force that brings stability, support, and ancient wisdom. I feel you rooting me to my ancestors, our elders, & ascended masters, allowing me to remember the ways of those who walked before us. Grounding and reinforcing my energies to this planet, so I may stand strong and steady in this material realm. I honor and welcome you into this circle, guardians of earth. Thank you. Thank you. Thank you.

(to the sky) I call upon the Guardians of the upper realm: The sun, the moon, and the skies that connect us to the heavens and astral plane. Where Archangels, & angelic beings reside. Keepers of the Akashic records allowing infinite knowledge from infinite source to ignite our minds and our hearts. The connection to my star and other stars. The space outside of time where instances of time can be moved. I honor and welcome you into this circle, guardians of the upper realm. Thank you. Thank you. Thank you.

(feel into your heart space) Guardians of the Middle Realm = The heart center. The here and now. The space where love's presence resides in my body. The flame in my heart that connects me to all that is in this physical plane and the realms of the unseen. I honor and welcome love's divine presence into this circle, guardians of the middle realm. Thank you. Thank you. Thank you.

(face left palm to the ground) Guardians of the lower realm- Guardians of the bones and crystalline kingdom. Mother Gaia, Pachamama. The nourishing womb of this planet. Allowing to me connect to the crystalline matrix and the deep wisdom of this planet. Strong, protective, and ancient guardians of the lower realm ground and guide my work and intentions with wisdom and power. I honor and welcome you into this circle, guardians of the lower realm. Thank you. Thank you. Thank you.

The energies of this circle are now contained and protected to support the integrity of this sacred work, and so it is.”

Always release the circle when your work is complete.
To release start from the lower realm and go backwards.

Thank and release the guardians of the lower realm. (blow out with the release)
Thank and release the guardians of the middle realm. (blow out with the release)
Thank and release the guardians of the upper realm. (blow out with the release)
Thank and release the guardians of the North. (blow out with the release)
Thank and release the guardians of the West. (blow out with the release)
Thank and release the guardians of the South. (blow out the candle)
Thank and release the guardians of the East. (blow out with the release) Acknowledge & take note of the direction of the candle smoke.

Now use your wand or finger to start by pointing the north and move counterclockwise all the way around and say or acknowledge, “the circle is released.”

You may burn any releasing plants to release any residual energies from the space.
It is done.

Now ground yourself. You can do this by simply eating and drinking water. Other ways to ground are to touch a tree, or soil.

*You might notice I also incorporate my breath with each release. This is how spirit taught me, and I'd say it's probably optional. Though, I do believe breathe is important to magickal work.

**I've heard that some do not blow candles out, they only snuff them out. When I first started my magical journey, I bought a fancy snuffer for my candles because I read somewhere that blowing a candle out is disrespectful to fire, or some shit like that. As I started working deeper with spirit, I found that this simply isn't true for me. Spirit also showed me the importance of using my breathe to release and move energy by blowing out

candles. I now only use the candle snuff for hard to blow out candles or for tapers to avoid wax spray.

Variations:

There are many ways to cast a an energetic container to preserve the integrity of your magical work. Like I said, some only call on the four directions. That's perfectly fine, but further down the line, I will be getting into accessing a miracle field of consciousness and the best way for me to describe this place is by addressing the vertical gateways.

In my earlier practice, spirit requested that I light a candle to represent each element as I opened the circle. It was sort of a devotional offering at the time. It also got me into the habit of using my breath to release each direction. That's not necessary, but really helped me to connect with each element in the beginning.

I sometimes call in the directions and create tight containers around spaces without physically moving, but I want you to become very familiar with how casting a circle feels before getting into more "advanced" techniques. The more you connect with the practice of casting a circle, the more you'll be able to feel the nuanced energies of working with the guardians of the gateways. It almost feels like getting high without getting high. ;) Also, I don't want you to think the feeling has to be there for the container to be activated. It took a bit of time and dedication with my practice to start feeling the magical feels. Just know that when you cast the circle, that you are affirmative that you cast the circle. This is no place to be unsure if you did it or not. Once you do it, you do it.

As always, I welcome you to work in whatever ways resonate with you.

Book of Shadows Journal Prompt:

After casting your first circle, take note of how you felt & write it down.

Do I need a fancy wand? I mean, the short answer is no, but there are a lot of buts. :) I think wands and other magical tools that can be used to direct energy are dope as fuck, hell even Jesus carried a magical staff. I also think crystals are pretty valuable allies when it comes to magick and energy work. Selenite and quartz of any kind make great wands. Selenite is a source of pure white light and is powerful for clearing energy and casting circles. Quartz can be programmed and is great for amplifying and directing energies. I initially started my practice using a variety of different wands for my craft work. I regularly worked with wands of quartz, selenite, rose quartz, a fancy birch wand that I made with a titanium aura quartz tip encrusted in crystals...They all work great and I still use them.

The thing is, as I continued my practice and started deepening my relationship with spirit, I realized that in a pinch I didn't need the wand and that I was able to manifest powerful healing miracles with spirit, my heart, and my hands. So while I really value my wands and love working with them during ritual, I know that I'm powerful enough to do the work

with no tools. So if you want a wand, and you have the money for it, get one that calls to you, or better yet, make one. It's always great to practice with tools that call to you and learn what crystals and materials you vibe with. You'll never know unless you try it out. I still intuitively work with all of my magical wands. Just know that if you are really in the need to cast some magick and you don't have your wand, your heart and hand are more than efficient to direct the powerful energies of spirit.

Next Class Live Follow-up and Guided Meditation/Initiation

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