

Introduction to Magick & Spirituality

Let's Get Activated

Our first set of classes, I will also give you 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.
- Your Book of Shadows: Sacred Journaling
- Intention setting.
- Commit a little bit...
- Creating an altar space
- Sacrifice & offerings.
- Introduction to the elements. Calling in the guardians of the 7 gateways.
- Live follow up with guided journey to honor where you are now and ground you into the coursework ahead.

Recommended Chapter 1 Video 1 Materials:

- A journal and writing utensil.
- A candle

Ch. 1 Video 1 Overview

- Grounding into coursework.
- Dedicating Book of Shadows
- Intention Setting
- Offerings & Sacrifice
- Healthy habits & mindfulness
- Guided activation meditation

You don't gotta be real with me, but you've gotta be real with you. Now write that shit down.

Book of Shadows

I want to really express the importance of grounding yourself in your reality before you start jumping into all the magic shit because energy without grounding is useless. This is an invitation for you to acknowledge where you are now, so you can understand the areas in your life that need improvement. This will help you make the most of the courses. Take stock of where you stand in all areas of life. Your mental and physical health, your work, your daily habits, your relationships...Be raw and real with where you are now and how you feel about your current state. Acknowledgement of where you are now is the real first step in initiating yourself into spiritual transformation.

Here and now is where you are, and a great way to honor where you are here and now is to document it. So let's get out that journal and start writing about your current state. It's time to activate your personal Book of Shadows.

A Book of Shadows is unique to every individual, but a very valuable tool for any magical practitioner. A Book of Shadows is a sacred journal that documents your experiences while you do your magical work. I really hope that you get into documenting your process. It's a way to honor every step you take on your journey. I have books filled with personal recipes, notes on herbs and crystals, automatic writing, daily synchronicity, dreams, my feelings, notable interactions, etc. Every now and then, I'll pop one open for a random bibliomancy session, and there is always a magical wisdom served to me at the perfect time, but I digress.

Your book of shadows can be as plain or fancy as you want it to be. It can be composed of just words, or you can incorporate drawings, symbols, etc. You want to always have your book accessible throughout this process. Trust me! The more you develop a relationship with your journal, the more you'll start receiving divine messages. Document as much as you feel is necessary, and then some. You can never document too much. I always mark a date and time for every entry. Sometimes you'll realize the time you note has a divine message encoded in it, but we can talk about numbers later.

So you've got your journal. I want you to light a candle and dedicate it to this work. Whatever that looks like to you. Just do it with love and intention. You can name your book: give it a fancy title with a fancy font, if you want. It doesn't necessarily have to be called a book of shadows. Whatever feels right to you is the right thing to do. Just know that this book is sacred to you and so it will be.

Now try your best to answer these questions for yourself.

Why am I here?

Why do I feel called to experience spiritual and magical transformation?

What spiritual gifts would I like to cultivate and nourish?

What are my magical, spiritual, and transformational goals?

You can answer these questions however you'd like. You might not immediately have the answers to the questions, but just do your best. There are no wrong answers. You can draw a picture or make charts. Maybe sacred symbols will come to mind. Everyone has their own way of processing. This is *your* book of shadows that documents *your* spiritual journey. Have fun with it. Enjoy your unique process.

**Set your attention to intention.*

This all brings me to the importance of **intention** because *energy follows intention*. What is the purpose of what you want to put into action? Over time, you will realize that every thing that you ever do can benefit from mindful **intention**. Every day, every meal, every conversation and interaction you have- I invite you to think about the **intention** that initiates it all. You'll find that journey, magical practice, & even daily life will be far more successful when it's grounded with **intention**. Love, happiness, peace, financial success are all **intentions** that set a precedence for actionable energy. **Intentions** can also be used to create boundaries. Throughout these courses I'm going to bring up **intention** a lot, which is why this paragraph is riddled with the word intention. Get used to it!

Intention is the first step to bringing making your dreams a reality.

Commit just a little bit

Offerings and Sacrifice

Offerings and sacrifice seem to be pretty hot commodities in the spirit realm. Think of it as an exchange of energy of sorts, like paying for a tasty donut with your hard earned \$1.50. You're giving or sacrificing in order to move energy toward your intention.

Offerings to spirit can be as simple as the light of candle or as extravagant as a 7 course meal fit for a king. Some suitable offerings are lighting candles, burning incense, flowers, setting food out (be mindful of attracting pests), flowers, money, coins, water, coffee. Do what feels right to you. The light of a candle is a simple, but powerful offering. If you make the candle, that's more dedication and energy that you put into the offering, but any store bought candle will do. Again the most important thing is your intention and the energy you put behind the intention.

Now about sacrifice... Here me out, y'all. When spirit first decided to integrate into my life, (I'm fully clairaudient-I hear spirit) they mentioned sacrifice and offerings and I was initially a little shook. The first thing that came to mind was that popular Book talking bout some crazy dude listening to a voice convincing him to sacrifice his favorite son in the name of God... What if they ask me to sacrifice... "Hey, if it doesn't feel right, don't do it. We aren't talkin' 'bout that kind of sacrifice," spirit said calmly. Benevolent spirits would never put you in a position where it is pertinent to harm yourself or others. If you ever have an entity trying to tell you otherwise, shut that shit down. We'll get into releasing that sort of tomfoolery further down the line. Also, I'm not talking about spiritual traditions that perform ritual sacrifice. Those are traditions that are very sacred and meaningful, but are practiced and initiated by elders of specific spiritual communities. I'm talking about low vibrational ghosts that are trying to fuck with your personal moral compass. Ain't nobody got time for that.

Now that we've cleared the air, let's get back to it. The type of sacrifice that I'm touching on is giving up something physical in order for a spiritual return. I've found it extremely beneficial to sacrifice habits that don't serve me in order to receive a spiritual blessing. That's pretty much a win/win situation in my book. Some practical sacrifices can be giving up meat/ alcohol/ weed, for "x" amount of time in order to receive "y". The greater the sacrifice, the greater the blessing. Use your discernment here. Don't make any sacrifices that can harm you or others.

Remember, you get what you give in these spiritual transactions. Don't go trying to fool spirit by sacrificing stuff that you don't actually care to engage in. You can't sacrifice your

crabby Aunt Sally and expect a corvette in your driveway. Spirit wants crabby aunt Sally just as much as you do. Same goes with offerings. You can't offer a rotten bologna sandwich and expect your dream mate to come knocking at your door.

Cultivating a healthy perspective of offerings and sacrifice can help you develop meaningful relationships not just with spirit, but with yourself and the decisions that you make. I always think of the phrase, "to sacrifice is to make sacred." In this modern age, it's easy to take for granted all that is so readily available to us. When we actively give up certain luxuries and or/vices in return for spiritual blessings, we really start seeing the value in all that is, including our health.

Offerings and sacrifice can be greatly amplified if you dedicate a lot of time and effort to put it together. For a very special blessing that I was given, I dedicated 1-2 hours every Wednesday to put together beautiful bouquets to spirit as offerings. I did this for 6 months. Every moment of the time I dedicated was filled with good energy. If you're going to dedicate time and service, make sure you are mindful of the personal energy you put into it. I will tell you, the blessings that I received for the dedication changed my life. Offerings don't have to be that complicated though. I had a specific intention and that's what was requested from spirit. Basically, if you dedicate your time toward an intention, that's a pretty valuable offering. That's why with everything that we do in magick it's important to take your time and be mindful of the energy that you put toward an intention.

Throughout these classes, I'm going to propose to you a lot of lifestyle changes and daily habits in the form of offerings and sacrifice that may benefit you tremendously over time. I don't want you to ever feel overwhelmed by any of these suggestions. Do what you can, but commit to change and positive transformation. Whether you choose to do a little at a time or jump right in hardcore, is completely up to you. Just remember that consistency is key.

I want you to start asking spirit (god, deity, spirit team, the universe, whatever feels right to you) for a little support here. The crazy thing is, it fucking works. I want you to see that you can get tangible results through working with spirit. This comes from developing a relationship with the energies you want to cultivate through sacrifice and offerings.

Throughout all of this remember to set your own intentions to suit your needs.

We'll touch more on offerings and sacrifice in the weeks to come.

Food for thought

Healthy Habits

Here's an invitation to get you thinking of your life and your magick holistically. The key to working real powerful magick is to cultivate a healthy mind, body, and spirit. Anyone can truly benefit from taking the best of care of their physical meat suit. When you start working with really powerful energy streams, you better believe that having your earth suit in tip-top shape is pretty damned imperative. You want to prepare your bodily vessel to help you hold the wisdom that you want to obtain, as this work can sometimes be physically taxing. Now, I'm not telling you to become a fucking saint over here, but I will tell you that your health matters especially when it comes to working with spirit. I don't want to scare you off either. Take your time and ease yourself into healthier habits. Throughout these courses, I'll be showing you simple, yet effective ways to get your body aligned with your work.

Here are the basic of basics.

- Be mindful of what you put in your body.
- Connect with what you put in your body.
- Adhering to a healthy lifestyle takes time. So do it in your time, but really do it.
- Most fad diets suck.
- Drink more fucking water.
- Every BODY is different, do what feels right for you, but be real with yourself.
- Daily meditation is extremely valuable. At least 20 minutes a day to start.
- Daily gratitude. Try to start and end each day by thinking of 3 things that you are grateful for. *Keep in mind this isn't a love n light/spiritual bypass type of course. Finding gratitude is an important magickal workout to help you attune your heart and mind. This isn't to bypassing trauma or shadow, it's a practice in connecting the heart with the mind. We'll touch on shadow work later.

I've tried every modern diet available over the past 25 or so years. They were all temporary. I always felt deprived. A lot of them were impractical. When I first started hearing spirit they were having prepare a meal with corn and potatoes. I was thinking, "really, this goes against like every diet ever." Their response, "Potato and corn are of the earth. Be grateful..." I didn't realize it at the time, but these simple words were an initiation into completely changing my relationship with food. I am healthier than I have ever been in my life. No crazy diets. Just a shift in perspective. It taught me how to connect with everything that I eat. With everything I put in my body, I hold gratitude for all of the

elements of that food or drink. I thank all of the ingredients for nourishing my mind, body, and spirit and during consumption. Even chocolate cake. :)

We'll get more into our relationships with food and mindful habits in the weeks to come. I'll get you familiar with foods, herbs, and teas that can help you optimize your magickal flow. I'll also introduce you to helpful breathing exercises, meditations, rituals, and healing modalities to support this work.

Guided Journey to Ground and Activate the Coursework

See video for activation.