

DIRECTING YOUR POWER EXERCISE

When practicing magick, whether spells, rituals, shielding, or energy healing, we draw upon and evoke energy from external sources, whether through the elements, celestial bodies like the moon, spirits, or deities. But we also utilize our personal energy when directing our work. This exercise shall help you learn to call upon this power within you. It will also help you control and sense magickal energy. Practice this exercise frequently, especially to gain confidence as a witch. Perceiving and understanding what magickal energy feels like is critical to improving many aspects of witchcraft.

STEP 1: CREATE THE RIGHT ENVIRONMENT AND BEGIN MEDITATION

For this exercise, we want to be in a calm and quiet location that allows us to shift our consciousness more readily. You can light a candle to focus on if you wish; if you are going to use music, aim for relaxing meditation music or the use of Alpha binaural beats. However, the music or binaural beats should be turned off during step 3. With your eyes closed or while focusing on a candle flame, with a relaxed, unfocused gaze, count down slowly from 13, 28, or perhaps even 100.

STEP 2:

ACHIEVE AN ALTERED STATE OF CONSCIOUSNESS & FOCUS ON YOUR POWER

Once you feel that your body has relaxed and you are in a daydream-like headsapce, you will focus on the spiritual energy inside yourself. This can be done in many different ways. A few examples include visualizing your Solar Plexus Chakra, the seat of our power, focusing on the aura or a pool of watery energy somewhere inside your being. Find this energy inside yourself and imagine it moving to your hands like circuits or veins within yourself. This may just feel like you're playing pretend at this point. But by imagining your power, you will be able to shape it and soon become more aware of it.

STEP 3: RUB YOUR HANDS TOGETHER TO WAKE UP ENERGY CENTERS IN THEM

In my Reiki training, I learned about the chakras in our hands and how we can open these when performing energy healing. This is very similar and is a technique I've used to help open up the flow of energy during my spells and rituals.

Place your hands together as if in prayer, and rub your palms against each other. Do this momentarily at a relatively quick pace before pulling your hands apart in front of your chest.

STEP 4:

MOVE HANDS APART, PALMS FACING EACH OTHER, AND FOCUS YOUR SENSES

Begin by holding your hands about six inches to a foot apart, keeping your palms facing one another. I like to close my eyes during this step but feel free to keep them open, and of course, as you practice, you can, and should, change it up to explore the sensations that occur. Changing your perception is a big part of altering consciousness for magick. Do not judge the experience that happens. Simply be open to the sensations that arise without trying to force a specific experience to occur. Be sure to note what you feel.

STEP 5: BRING HANDS CLOSER TOGETHER – MOVE THEM IN AND OUT

As we learn to direct and sense our spiritual energy, we want to move our hands closer together. Slowly bring them a few inches apart, and then slowly bring them as far as 3 feet apart. Do so slowly, with eyes open and again with eyes shut, to see if different sensations occur at specific distances. You may brush into the various layers of your aura. If the senses appear to diminish at any point, rub your hands together vigorously to open those energy centers back up and increase the sensitivity in your hands.

STEP 6: CREATE A BALL OF ENERGY OR WRAP UP

Once you have gotten a good feel for the energy, you can press your palms together and imagine the energy centers closing. Then shake your hands like trying to wake them up or shake something off them. This will help remove any excess energy that has clung to your aura. Alternatively, as discussed in the article, you can create a ball of energy.

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