



# Be\*witched

## Independent Witch Program

### Module 2

Building Blocks of Spiritual  
Practice

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# Building Blocks of Spiritual Practice

## Energy : The lifeblood of Wicca and Witchcraft

Energy powers everything, including the earth, seasons and cycles

Law of \_\_\_\_\_ of energy: energy cannot be created nor destroyed

## Witches (and followers of other magic paths) manipulate energy

- \_\_\_\_\_ - moving energy from/to your body into the earth
- \_\_\_\_\_ - becoming aware of the energy in your body, and focusing it in one place
- \_\_\_\_\_ - moving energy into an object
- \_\_\_\_\_ - moving energy from one place to another moving your body
- \_\_\_\_\_ - moving energy from one place into a cluster of energy to be released upon a signal
- Other examples- healing, sensing energy in a room

## So, where does energy come from?

Energy is all over, in every single thing. Energy formed rocks, energy pulls in the tide, it's everywhere. When we manipulate it for magical use, we have a few options:

- Our personal energy
- Universal energy
- Elemental energy
- Energy from an object
- Others

## What does energy FEEL like?

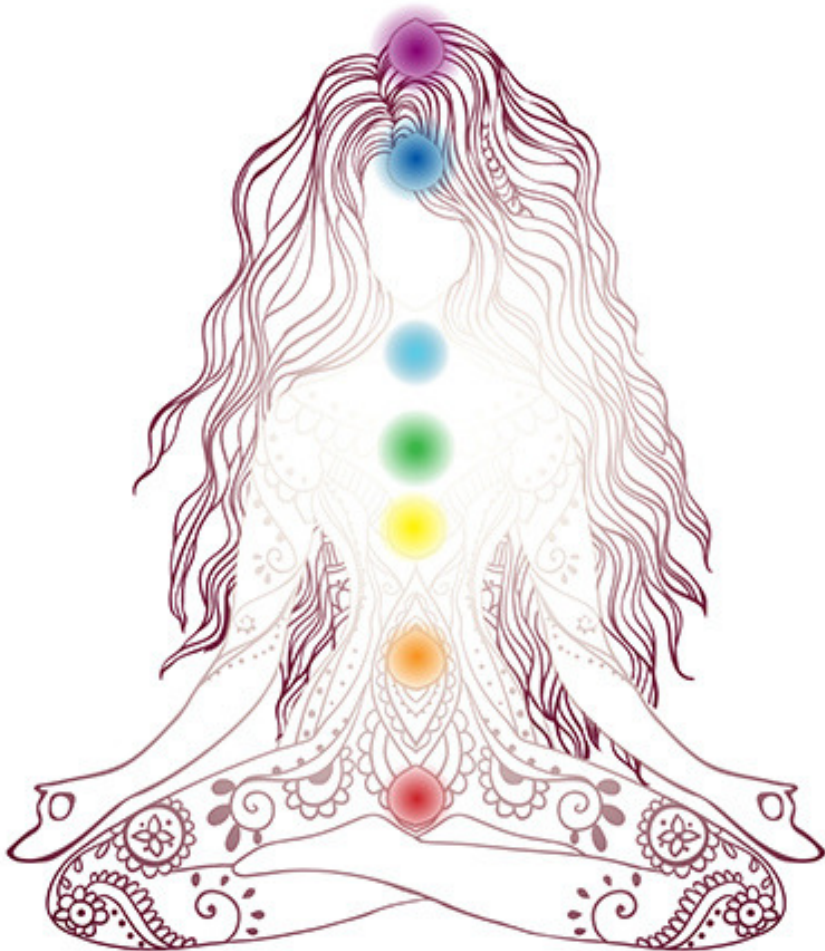
It feels differently to each person and you may feel it in different ways

### Kinetic Energy | Psi Ball Exercise

## Energetic Centers in Your Body: Chakras

Chakra means \_\_\_\_\_ in Sanskrit and come from ancient Vedic traditions in India

Are these Wiccan? \_\_\_\_\_



Crown: \_\_\_\_\_

Third Eye: \_\_\_\_\_

Throat: \_\_\_\_\_

Heart: \_\_\_\_\_

Solar Plexus: \_\_\_\_\_

Sacral: \_\_\_\_\_

Root: \_\_\_\_\_

## Grounding and Centering

When we ground, we are connecting with not only the element of \_\_\_\_\_, but the actual physical \_\_\_\_\_

When we are just learning energy work, we use the tool of visualization to help us with practicing, to help us "see" the energy clearly. Even if you don't feel it at first, that will come. Visualization helps guide the energy to where it's supposed to go.

We energetically (or physically) connect with the earth in order to \_\_\_\_\_ excess energy from our bodies or \_\_\_\_\_ energy up from the earth - the former is more commonly used.

Centering can be described in two ways:

- Becoming aware of the energy in and around your body
- Becoming aware of the body's energy and centering it in one part of your body

### Moving Your Consciousness



**Remember: The more your practice, the stronger your visualizations will become.**

### Grounding and Centering Tree Visualization

# Meditation

Meditation is defined as spending time in quiet thought for a reflective or religious purpose.

## Classes of Meditation

### Alpha/Ritual Focus

Sometimes people will call this headspace “alpha” because it’s believed that our brain waves change into an alpha mode: relaxed, but still able to focus. This is where most people like to be when they begin their ritual or perform a working. It’s not “deep” meditation, but it’s a place in-between where you are completely focused.

- Some people like to ground and center before ritual, and a simple grounding and centering exercise can put them into that space.
  - You can use a countdown visualization- I use the opening of various colored/numbered doors, or stepping down stairs. Laurie Cabot has a crystal countdown method (see additional resources).
  - Another way is simply be reminding yourself that you are relaxing. Most methods tend to use deep breathing or numeric countdowns (see additional resources).
- These are all great ways to also prepare for other types of meditation.

### Contemplative Meditation

- In this type of meditation, one is meditating ON something. It could be a question, it could be a problem that’s bothering them, or it could just be on a concept.
- Prior to meditation, if you want to ask a question of the gods, light candles and make an offering
- Use deep pranic breaths (see additional resources). When you breathe you should be breathing from your stomach, rather than from your chest.
- When I do deep breathing, I inhale for 4 seconds, hold for 3 count, and exhale for 4 seconds (I call it 4-3-4 breathing).
- Keep your problem or issue in the back of your mind, and leave your mind open to answers: words, symbols, smells or sounds
- When you start to lose your focus, remember your problem and use that to regain your focus

### Zen Meditation

This is the notoriously difficult art of clearing your mind of everything.

- Utilizing deep breathing techniques
- When something comes to your thoughts, instead of trying to dismiss or ignore it, embrace it. Pay it attention and then let it go.
- Let go of your thoughts by releasing them into dust, placing a bubble around it and sending it on its way, or some other way.

## **Even More Meditation**

### **Guided Meditation**

In guided meditation, the focus is mostly on visualization. A person explains a scene or picture of what you should visualize. This can be anything from an environment to your own body.

Pathworking is a guided meditation where you interact with the environment in your minds eye.

- If you are writing a guided meditation, look at Amber K's book Ritualcraft. It's an amazing resource and has a great chapter on this.
- Make sure you are comfortable. It's okay to lie down however is most comfortable for you.
- Listen the voice of the reader- if you lose your focus or begin daydreaming, come back to where you are, release those thoughts and move forward in the visualization

### **Movement Meditation**

Movement meditation is the meditation that comes with movement which is usually repetitive.

Just like some of us zone out when we vacuum or mow the lawn- it's like that but mindful.

Chanting is similar- repetitive chanting can also put us into a meditative state.

# The Four (Five) Elements

## Earth

Colors: Green, brown

Symbol: Upside down triangle w/ line through center

Tools: Salt, Pentacle

In Nature: mountains, stones, caves, forest

Magickal: fertility, tree and plant magick, herbs, prosperity, possessions, animals, runes, grounding

What words would describe Earth energy: \_\_\_\_\_

## Air

Colors: Yellow, Light blue

Symbol: Triangle w/ line through center

Tools: Incense, athame

In Nature: wind, sky, clouds

Magickal: recovering lost/stolen items, visualization, concentration, education, travel, learning, legal matters, communication, friendship, electrical devices

What words would describe Air energy: \_\_\_\_\_

## Water

Colors: Blue, white, green

Symbol: Upside down triangle

Tools: Cup, cauldron

In Nature: ocean, rivers, waterfalls, fog, moon, beaches

Magickal: scrying, purification, healing, love, friendship, emotions, dreams, astral projection, spirituality

What words would describe Water energy: \_\_\_\_\_

## Fire

Colors: Red, orange, yellow

Symbol: Triangle

Tools: Wand, candle

In Nature: sun, fire, volcanoes, stars

Magickal: sex, healing, candle magick, force, energy, life, will, destruction, purification, change, protection, strength

What words would describe Fire energy: \_\_\_\_\_

## Pentagrams and Pentacles

Pentagram - five pointed star

Pentacle - five pointed star surrounded by a circle [pentagram + circle = penta-cle]

Common alternate definition: a pentagram is drawn in the air, a pentacle is a physical representation of the five pointed star

We are made of the four elements:

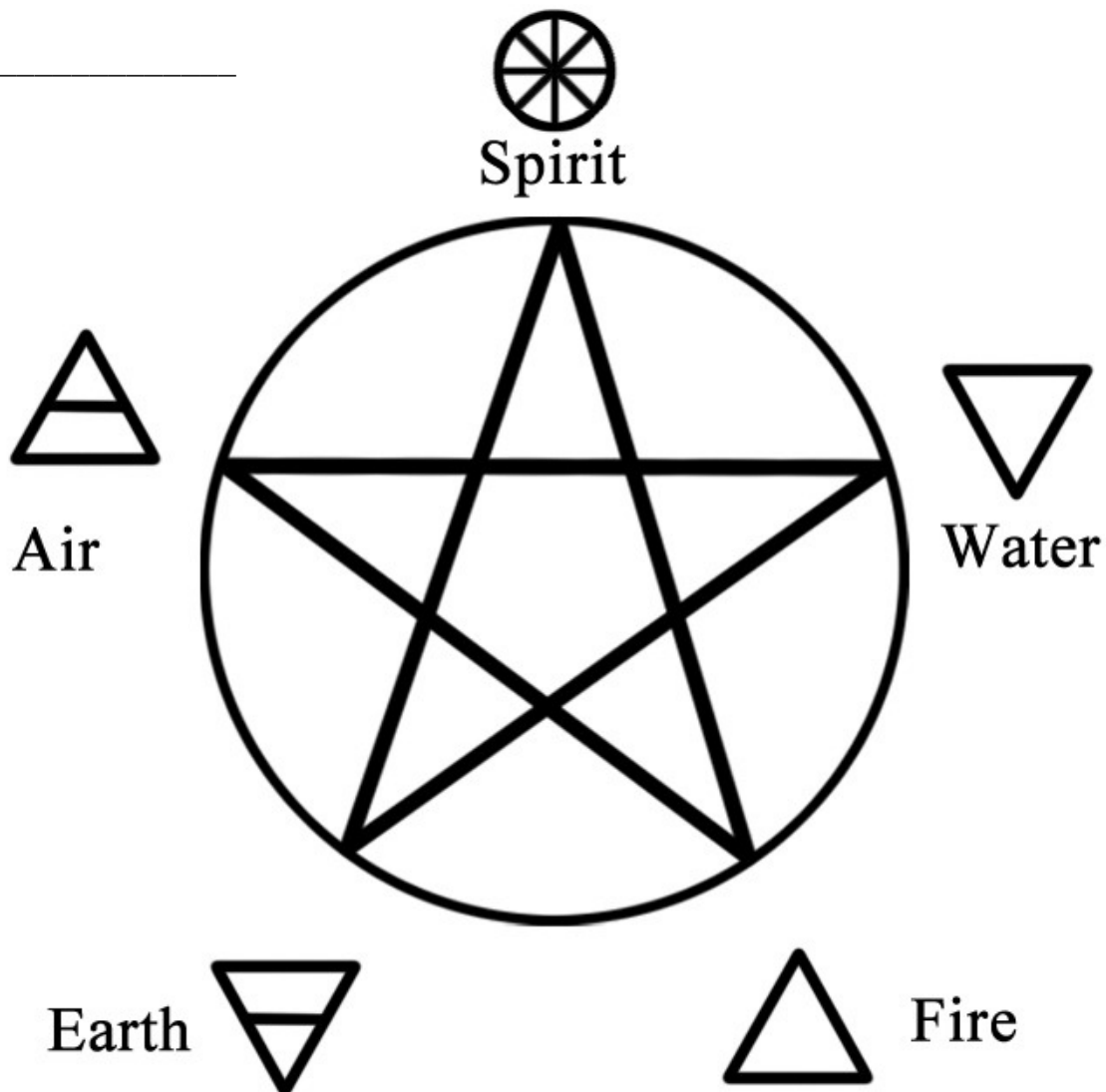
Earth- \_\_\_\_\_

Water- \_\_\_\_\_

Air- \_\_\_\_\_

Fire- \_\_\_\_\_

Spirit- \_\_\_\_\_





# Invoking and Banishing Elemental Pentagrams

Some specific rituals use elemental pentagrams, and some people like to use these while calling quarters.



If someone talks about an invoking or banishing pentagram and doesn't mention an element, they are talking about the \_\_\_\_\_ pentagram

**Notes:**