

grimoire of eclectic magick

part 3 of 3

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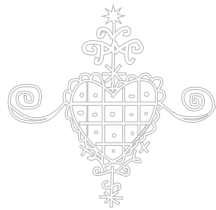
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this work is dedicated
with love to my lady wolfrose



“Whatever you
send out, comes
back times three!”

the art of magick

Blessed Be & Welcome to the heart of The Craft ... "Grimoire of Eclectic Magick." Within this section, you will be exposed to both the Theory and the Practice of Magick. Basic exercises, ritual outlines, tables of correspondences, and a few simple spells are included to get you started. This information is not intended to replace formal training, or is it designed to be the last word on the subject. If nothing else, this is just my perspective.



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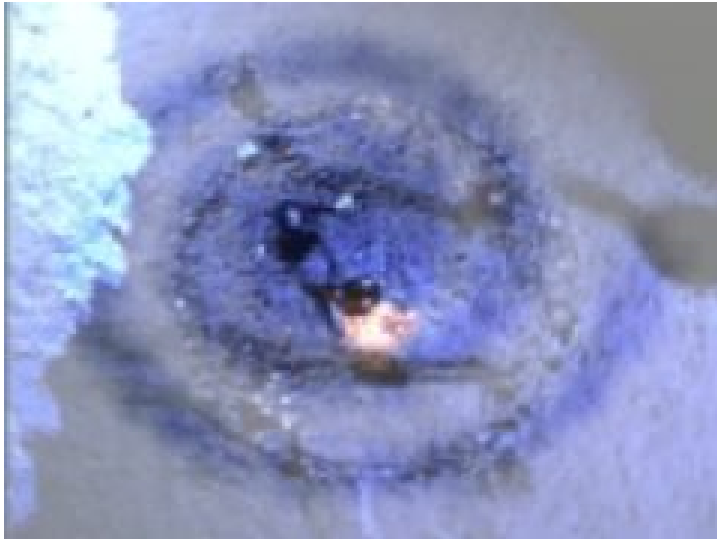
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the art of magick theory



Theurgy, is the mystical, and spiritual use of *Magick*. In *The Craft*, the four witches, gather on the beach to summon the *spirit* of **Monon**. Which, is an example of magical theurgy in the form of an **invocation**.

Invocation, or “invoking a spirit” is *the act of calling a deity, into one’s self*.

Other forms of Theurgy, are meditation, the practice of the vision quest, various path workings, the Ritual of *Calling Down the Moon*, and works leading to the *Knowledge and Conversation of your Holy Guardian Angel*.

the art of magick theory

Thaumaturgy is the form of magick, most commonly portrayed in movies and on television. It is that body of works which deal with the achievement of physical or social goals. In *The Craft*, we saw examples of this in the healing spell, the love spell, the revenge spell, and the glamor spell. These are the types of magick normally employed, in an attempt, to influence events in one's environment. An evocations would be an example of Thaumaturgy, as it is an attempt to summon forth an energy, *outside* of one's self. There is nothing wrong with the application of magick for material goals, but you should always keep the *Wiccan Rede* and the *Three Fold Law* in mind, when you do.



Crimoire of eclectic magick

the art of magick theory overview

Your ability to practice magick is as much an *intuitive understanding* of the theory, as it is the ability to read words from a book.

Magick is governed by the **Three Fold Law of Return**. The magician, or witch should also temper their actions with the **Wiccan Rede** (*or some other ethical philosophy*). Pagans don't *worship* multiple gods, so much as they **do Honor the Lord & Lady as aspects of the Divine** (known by such names as the Spirit, the TAO, and everyone's favorite, *the FORCE*).

Magick can be practiced as a means of self advancement along a spiritual path (*Theurgy*). It can also be practiced for material goals (*Thaumaturgy*). Magick is not Good or Evil, Black or White, magick just IS! Like air, water or even gravity, it works the same no matter what is in the heart of the user.

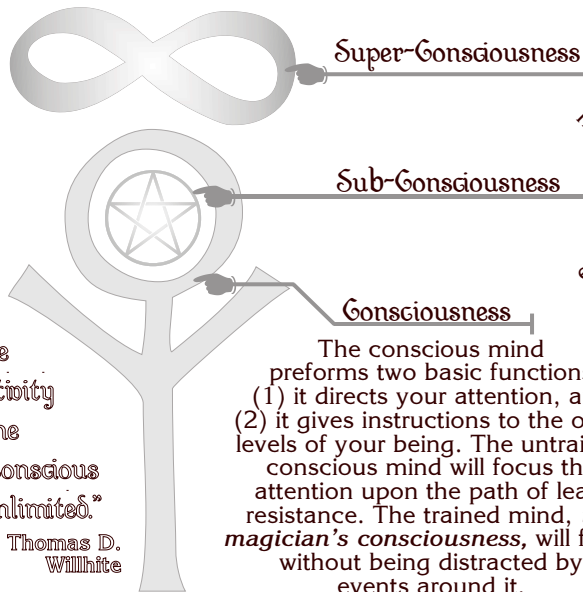


Now for a little fresh information: Most Pagan belief systems are environmentally friendly, with the underlying theme of living in harmony with others. If you are seeking power and the ability to control others by fear, *you're in the wrong place!*

the art of magick theory overview

"The creativity of the subconscious is unlimited."

Thomas D. Willhite



Super-Consciousness

Sub-Consciousness

Consciousness

The conscious mind performs two basic functions (1) it directs your attention, and (2) it gives instructions to the other levels of your being. The untrained conscious mind will focus the attention upon the path of least resistance. The trained mind, *the magician's consciousness*, will focus without being distracted by events around it.

The Super-Consciousness is the magician's link to the Divine. At this level of awareness, time & space are fluid, and for those who understand how to perceive them, *there are no secrets*.

The Sub-Conscious mind is where the true authority of the magician resides. This source of power is the force behind our magick.

To Know • Memory

To Dare • Emotions

To Will • Creativity

To Keep Silent • Programs

memory
emotion
programs
creativity

	Conscious	Sub-Conscious	Super-Conscious
Egypt:	Body/Mind	Ka	Ba
Freud:	Ego	Super Ego	Id
Buddha:	Rupa	Nama	Nirvana

Crucible of eclectic magick

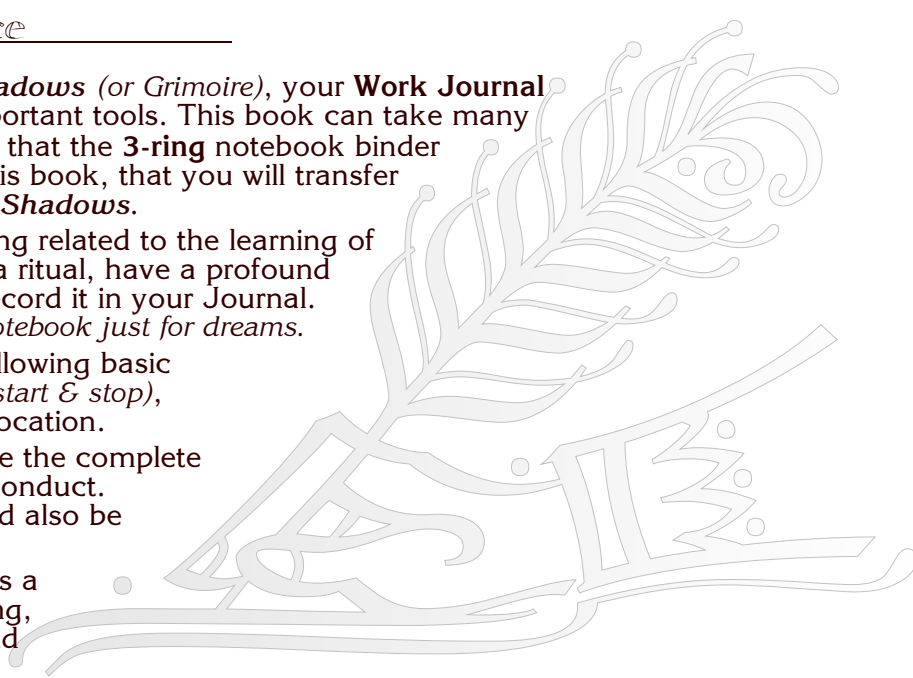
Next to your *Book of Shadows* (or *Grimoire*), your **Work Journal** is one of your most important tools. This book can take many forms, but I have found that the **3-ring** notebook binder works best. It is from this book, that you will transfer information into your *Book of Shadows*.

Each time you practice anything related to the learning of magick, cast a spell, perform a ritual, have a profound vision or dream, you should record it in your Journal. *Some people have a separate notebook just for dreams.*

Each entry should have the following basic information: Date, time (*both start & stop*), emotional state of mind, and location.

The journal entries should have the complete text of any spell or ritual you conduct. Impressions, and effects should also be recorded.

If diligently kept, this Journal is a great tool for self-understanding, as well as your companion, and guide in the study of magick!



Breathing, or *Pranayama* is generally accepted to be one of the most important disciplines that the aspiring *Witch, or Magician* needs to learn, and master.

- ⊗ Sit in a place where you will not be disturbed. For a short time breath normally and clear your mind of all mundane thoughts.
- ⊗ When you are ready ... Breath OUT for four heart beats, HOLD your breath for a two heart beats, breath IN for four heart beats, and HOLD your breath for two heart beats ... repeat for about five minutes. *(When holding your breath, DO NOT forcibly block the air flow. Just learn to NOT exhale or inhale!)*
- ⊗ Once you have mastered the 4-2-4-2 breathing pattern, expand your abilities with a 6-3-6-3 pattern.

- ⊗ When you have mastered the 6-3-6-3 breathing pattern, begin increasing the length of time from five minutes, until you are able to preform this for 30 minutes, without any conscious thought about your breathing.

Record the results in your Work Journal.

Posture, or *Asana* is a principal ability when it comes to preforming Rituals. *If your goal is the mastery of Ceremonial Magick, the following information will differ some from postures found in that discipline.*

- ⊗ **Sitting** ... you can do this in a chair, you can do this on the ground, you can do this with your legs crossed, and you can do this in the *Lotus position*. However you wish to do it, the following *should always be true*: Your head needs to be up. Your spine needs to be straight. Your hands should be

the art of magick practice

open, with the palms up.

- ⊗ **Wand** ... in this posture, you are standing erect with your arms relaxed at your sides.
- ⊗ **Tao** ... in this posture, you are standing erect with your arms extended out to your sides. (*Some times known as the cross.*)
- ⊗ **Goddess** ... in this posture, you are standing erect, your face tilted slightly up, and your arms upraised in welcome. *This is the posture that the witches in **The Craft** used, when they invoked **Monon** at the beach.*
- ⊗ **God** ... in this posture, you are standing erect with your arms crossed over your chest, with your hands upon your shoulders, *right hand-left shoulder, left hand-right shoulder.* (*Sometimes*

known as the star.)

There are other **postures**, but if you can master these, you will have a formidably group of skills in your ritual tool box. **To master any of the above listed postures, stand (or sit) in that posture while performing your breathing practice.**

Record the results in your Work Journal.

to think

is to create

Visualization ... or *Dharana*, is the art of controlling your thoughts. This is a *required* skill in the art of Spell Casting!

- ⊗ **Color** ... In your sitting posture, establish your breathing pattern. Once

you have stilled your thoughts, begin visualizing color as you breath in and another as you breath out.

Complimentary colors work the best.

RED : CYAN

GREEN : MAGENTA

BLUE : YELLOW

WHITE : BLACK

⊕ **the Tatwas** ... these are: a black oval; a blue disk; a silver crescent; a yellow square; a red triangle.

⊕ **Motion** ... Start with simple objects, like a spinning wheel, a swinging pendulum, or a bouncing ball. *Avoid using living objects!*

Again, record the results in your Journal.

Meditation comes in three *basic* flavors ... **passive, active, and chant.**

Passive, is the form most people think about when they hear the word *meditation*. This is the art of sitting with your mind stilled. You begin by establishing your patterned breathing 4-2-4-2. Next you relax your body (*see active meditation below*), and then slowly silence all of the voices within your head until you can hear a kind of silence. At this point you begin to observe your body, and mind.

Passive meditation is used when you seek inner knowledge, when you do scrying, and when you channel a deity.

Record the results in your Work Journal.



the art of magick practice

Active meditation ... the use of meditation with a pre-established script, or goal. The relaxation practice (see script at side), path workings, and *calling down the moon*, are all forms of active meditation.

Always record your results in your Journal.

Chant ... in *The Craft*, when the witches were sitting in the park repeating **Earth, Air, Fire,** and **Water**, they were using what is known as a circle **chant meditation** to raise their power levels. Chants can vary from a one word personal mantra, to a formal group invocation.

Try this, on an overcast day, sit and chant for five minutes **“Ra, Ra, Hail Ra!”**

Record the results in your Journal.

Riding the Dragon

...part one...

Relaxation

Start by taking three slow deep breaths, clear your mind, and begin your rhythmic breathing pattern 4-2-4-2.

✦ *You are standing upon a beach ... the white sand beneath your feet is as fine, and soft as baby powder.*

✦ *Looking out to sea, you become aware that the waves are of prismatic light. As you watch, they change from Red to Orange, then to Yellow, then Green, on to Blue, Indigo, and finally Violet.*

✦ *Slowly the waves begin to flow higher up the beach. As they wash over your feet you feel the sensation of lightness flow through your toes.*

✦ *The next wave covers you to your waist, your legs seem to dissolve into the prismatic light.*

✦ *Now the waves have covered you to your chin, your arms and chest feel as light as air.*

✦ *You watch as the waves flow in, and cover your head. Slowly you feel yourself begin to float, after a moment you become aware that you are one with the sea of prismatic light ...*



The Colors of Magick

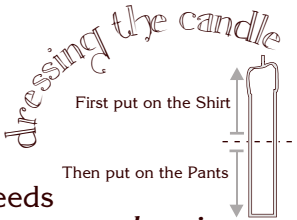
- WHITE** ... Purification, Truth, *Monday*
- VIOLET** ... Channeling, Unity
- PURPLE** ... Ambition, Power, *Wednesday*
- INDIGO** ... Psychic Abilities, Divination
- BLUE, DARK** ... Impulsiveness, Changeability, *Thursday*
- BLUE, LIGHT** ... Tranquility, Understanding, Patience
- PINK** ... Love, Friendship, Health
- GREEN** ... Finance, Fertility, Growth, *Friday*
- GREEN-YELLOW** ... Anger, Jealousy, Discord
- YELLOW** ... Intellect, Confidence, *Sunday*
- ORANGE** ... Encouragement, Energy, Attraction
- BROWN** ... Hearth, Home Blessing, Grounding
- RED** ... Strength, Vigor, Sexual Passion, *Tuesday*
- GOLD** ... Wealth, Abundance, Prosperity
- SILVER** ... Discretion, Intuition
- GRAY** ... Neutrality, Tranquility
- BLACK** ... Banishing, Absorption, Protection, *Saturday*

the art of magick spells

“You know how to use candles?”
 “Ya, you light the wick.”
 “It’s more than that ...”

candle magick

In order to practice **Candle Magick**, you must first select a *new unused* colored candle, based upon your desired goal. Then the candle needs to be anointed with oil. This is known as *dressing the candle*, and is done by rubbing oil onto the surface. You start at the center, and rub outwards. *First you put on the shirt* (anoint the upper half of the candle), *then you put on the pants* (anoint the lower half of the candle). Now the candle is ready for your spell.



Once you're ready, hold the candle upright between your palms. Begin your rhythmic breathing, visualize your goal, and allow the power of your desire to flow into the candle. Begin repeating a short statement of the desired goal you seek. Slowly shorten the statement down, until it is the minimum number of words required to express the concept. At the peak of your chanting, take a deep breath and slowly blow life into the candle. Place the candle into a holder on your altar (...*continue chanting...*) light a match, draw the power from above down to your candle, and light the wick. *Place the burning match into a flame safe dish, and allow it to burn out by itself.* Cup your hands around the candle's flame, while you visualize, and state your goal fully one last time. Then say "***This is my will, so mote it be!***" Now depart the area, and allow the magick to work.

binding spell

This type of spell works best when cast upon one's self. This is one way to help rid yourself of negative habits. Habits, fall into that Sub-Conscious group known as *programs*.

For this spell, you will need two small mirrors, a piece of new paper, a pen, and a length of colored ribbon (*see the color chart*).

First decide what habit it is you wish to change. Next, you must word your statement in *only* positive terms.

Example, you want to stop drinking soda. If you write, I will not drink soda. When the message goes from your Conscious mind, to your Sub-Conscious mind, the message that the Sub-Conscious mind receives is, I will drink soda.

The problem is that your Sub-Conscious mind does not understand the abstract

the art of magick spells

concept of **NOT**, or any other negative term. So, how do we get around this obstacle? You must word your statement so that you achieve your desired goal in a positive manner.

*“I will place into my body,
only liquids that are healthy.”*

Once you are clear on the wording, you are ready to cast your **binding spell**. On the piece of paper, write on one side of the paper your spell. Then turn the paper over and write, it again. Now place the paper between the two mirrors, with the reflective surfaces facing in. Take the ribbon, start chanting your spell statement. As you do this, visualize your goal and begin wrapping the ribbon around the mirrors. When you reach the end of the ribbon, repeat your spell one last time, and place the bound mirrors upon your altar.

It takes forty days to replace a habit. During this time, whenever you are tempted by your habit, *recall the words of your spell.*

love spell

So you want to cast a **love spell**. Well the first thing you need to know is the truth about *love* magick. You can not force anyone to love someone that they would not naturally be attracted to.

A love spell is on the same order as putting an advertisement in the newspaper saying, *“Look at me, look at me!”*

Needed, three cords (one pink, one white, and one violet), each 13 inches long.

Tie the three together, while focusing upon your desire for someone to come into your life. In each cord tie *seven knots*. As you tie each knot, allow your hearts desire to flow into the cord. Once you have tied seven knots in each of the cords, carry the spell object with you until a new love enters your life. Then, place the spell cords someplace safe, or returned them to nature.

the art of magick rituals

Ritual is the soul of Pagan & Wiccan worship, and heart of the *art of magick*. It is a series of actions intended to altar awareness, elevate energy, and facilitate events for the achievement of goals, or celebrate personal transitions. It is also a way to honoring the *Divine* in the form of the seasons, and the **Lord & Lady**.

Most rituals include these procedures:

- 1) Preparing the space and equipment
- 2) Preparing of self (cleansing & centering)
- 3) Asperging the space (with salt-water or smudge stick)
- 4) **Cast the Circle**
- 5) **Call the Quarters**
- 6) **Invoke the Lord & Lady**

continued ...

One of the problems of being in the Navy, is that in the course of time, references, and source material get lost. The following is my version of a ritual that I first read, sometime before 1996, in *Circle Network News*. I regret that I do not know the name of the original author.

Invocation of the Lord & Lady

Maiden bring thy flowers,

Mother bring thy child,

Grandmother bring thy wisdom,

Dana, Hail and Welcome ...

Youth bring thy swiftness,

Father bring thy strength,

Grandfather bring thy guidance,

Cernunnos, Hail and Welcome ...

Lord & Lady, enter this circle in Peace,

Make an altar of my body, and

Grant me Wisdom & Guidance

as I perform my rites.



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the art of magick rituals

- 7) **State** your desired *goal(s)*
- 8) **Raise** the *Cone of Power*
- 9) **Ground** the energy with *refreshments*
- 10) Dismiss the *quarters*, and **thank** the *Lord & Lady*
- 11) **Open** the *circle*

sample ritual

The rituals that you write for yourself, will always have the most power. What follows is a **sample ritual** designed to be a guide for your use.

After you have gathered the equipment you will need, and cleaned, or cleared the area you will be using, you need to prepare yourself. This most often is done by taking a ritual bath, donning your robe, or ritual clothing, and spending some quiet

time in meditation. This will allow you to be calm, and centered before the ritual begins.

Cense the area with incense. Many people use sage. *Sage should not be used if anyone who will be at the ritual is pregnant.* Frankincense, can also be used, or you can sprinkle the area with a mixture of blessed salt-water.

Casting the circle, is done by tracing a circle in the air, above the ground with the **Athame** (or *Wand*), while walking deasil (*clockwise*) around the area. *As you do, say, "I conjure thee, O-Circle of power, become a boundary between the world, and the sacred space within."* (In an outdoor circle, some might even use a sword to cut an actual circle into the ground.)

the art of magick rituals



Calling the Quarters, is done while standing in the **Goddess posture**. The wording for this sample ritual, has been taken from the Invocation scene of *The Craft*.

Facing east say, **“Hail to the guardians of the watchtowers of the east. Powers of air and invention. Hear us (me)!”**

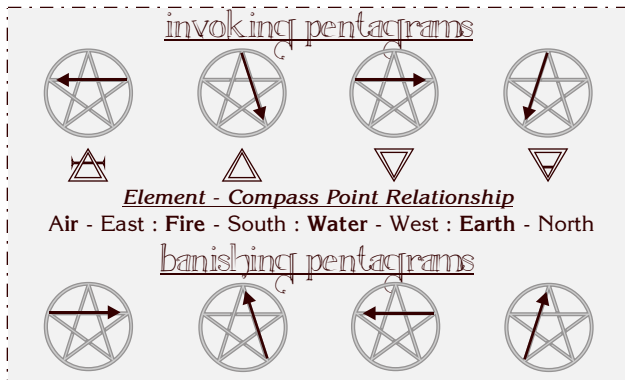
Facing south say, **“Hail to the guardians of the watchtowers of the south. Powers of fire and feeling. Hear us (me)!”**

Facing west say, **“Hail to the guardians of the watchtowers of the west. Powers of water and intuition. Hear us (me)!”**

Facing north say, **“Hail to the guardians of the watchtowers of the north. Powers of mother and earth. Hear us (me)!”**

Looking skyward say, **“Aid us (me) in our magical workings ...reason for the ritual....”**

Some systems also employ the use of pentagrams when calling the four quarters. To do this, face the corresponding direction, and trace the invoking pentagram in the air with the Athame (or Wand).



Invoke the **Lord & Lady**. This is done by naming the deity then glorifying one or more of their attributes. *Examples:*

Crimoire of eclectic magick

the art of magick rituals

“Cernunnos, Great Horned One, brother of all creatures wild, and free, we (I) invite you into this circle!”

“Dana, Bright Lady, mother of rivers, and mantle of life upon the land, we (I) invite you into this circle!”

Stating the desired goal, say “We’re (I’m) gathered here this night to celebrate ...state the reason..., and to work such magick as we (I) require at this time.”

Raising the Cone of Power is done by dancing or chanting. It is at this time that you would celibate the season with *ritual drama*. This is also the place where you would do healing magick, charge new tools, and the like.

continued ...

Charging the Wand

This was inspired by The Vigil of the Wand, as found in The Portal Book by Ian Corrigan.

Pass the **Wand** first through Incense, then through Salt, and then through Water. Then say:

Creature of wood, be Welcome at my Altar.

*Be blessed & free from all storms,
both in the mortal & the magical realms.*

*Become one with me, and work my will
in the worlds of Land, Sea & Sky.*

Pass the **Wand** through the Spirit Flame. Then say:

*By the Power of this Holy Fire,
Be blessed with Wisdom, Love & Joy
Become one with me and work my will
in Truth and Power.*

Hold the **Wand** upright between your palms, and over your heart. Feel the power flow out as you breath life into the **Wand**. Then say:

*In the names of Dana & Cernunnus,
and by my own spirit, be you Thrice Blessed.
Become one with me and work my will.*

So Mote It Be!



the art of magick rituals

Grounding the energy. This can be done with refreshments such as *juice & cupcakes*, (or if you are of age and inclined, *cakes & wine*, or *ale*). Another method of grounding, is the infamous *hugging of a tree*. The purpose here is to relax, and let the energy raised in ritual dissipate.

Dismissing the *quarters*, and thanking the *Lord & Lady* ... when all is done, it is time to say farewell.

The Lord & Lady:

“Dana & Cernunnos, we(I) thank you for joining this circle, and ask that if it is your will, depart now in peace until next we meet. Hail and Farewell!”

The Quarters:

“O ye guardians of the watchtowers, we(I) thank you for your services, and wish you depart now in peace. Hail and Farewell!”

If you used invoking pentagrams to Call the

Quarters, you should now use banishing pentagrams to Dismiss the Quarters.

Opening the circle. Start in the east and walk widdershins (*counter-clockwise*) around the circle, chanting

**“May the circle be open, but unbroken.
May the peace of the Goddess be ever
in your heart. Merry meet, and
merry part, and merry meet**

Suggested reading list

- Amber K, *Covencraft: Witchcraft for Three or More*
Jan Gorrigan, *The Portal Book: Basic Teachings of Celtic Witchcraft*
Aleister Crowley, *Magick in Theory and Practice*
Scott Gunningham, *Earth Power (Natural Magick Book 1)*
Earth, Air, Fire & Water (Natural Magick Book 2)
Melita Denning & Osborne Phillips, *The Magical Philosophy Series:*
Vol. 1, The Foundations of High Magick
Vol. 2, The Sword and the Serpent
Vol. 3, Mysteria Magica
Ed Fitch, *A Grimoire of Shadows*
Magical Rites from the Crystal Well
Donald Tyson, *How To Make and Use A Magic Mirror*

at the crossroads

Are you a Natural Witch? The truth is, everyone has the ability within them. It is only a matter of *choosing* to learn how to use your gifts. *This book was never designed to teach you that.*

blood, sex and ritual initiation

There are enough dangers in just growing up in the world today. Your choice of religion should not add to them. In *The Craft*, the school girls were portrayed as misfits, and outcasts. Although many members of the various pagan belief systems, might fit into those groups, there are just as many, if not more normal well-adjusted members.

There are also a number of opportunists who tend to prey upon those who seek this path. Anyone can pick up a book on the occult, and toss a few buzzwords around. *And if you sleep with them,*

they will more than gladly teach you secret powers. Can you say Bull Shit?

Sex is a sacred gift, granted to us by the gods. Sex should never be used as barter for knowledge. True knowledge, real knowledge is free. It is there for anyone who has the desire, and the eyes to see! If you are of legal age, and want to have sex with someone, that is your choice. *No one, and no group have the right to make it for you!* If you are not 100% certain that you are doing what is best for you, you have the freedom to find the door.

Some **Traditions**, still practice the **Great Rite** in the traditional form. There are just as many **Traditions** that do not have such requirements in their **initiations**. Find the Tradition that meets your needs, and encourages you to grow as an independent

at the crossroads

person! *Magick* is after all *about freedom!*

In *The Craft*, the **initiation** ritual the girls perform does not involve sex, but they do share a chalice of wine that has drops of their blood in it. At one point in time this may have been an acceptable practice. At this point in time, with the AIDS plague still running uncontrolled in the world, it's not only unacceptable. It is down right deadly!

Magick is about responsibility. **Be responsible, don't take needless risks with your body, or your life!** **Are you a Natural Witch?** The truth is, **everyone** has the ability within them. It is

We all find ourselves at **crossroads** as we go through life. For most of us, the teen years are the greatest crossroad we'll ever face. Not only does the body go from that of a child, to that of an adult. We also go from having all of our decisions being made for us, to have the freedom to make our own choices.

Following a *pagan path*, is just another one of those choices. It should be made from the heart, with the desire to truly live in harmony with the planet, and all others.

Tolerance, not power is the true underlying strength of the pagan path!

"Merry meet, and merry part, and merry meet again!"