



Magick & Manifesting

The ability to think would seem to set us apart from other creatures.

Whilst we are concerned with our lives in the physical world, we *are* mental beings. Anyone who has attempted to meditate quickly realises how much time we are occupied by thought!

The Universe is also mental plane which means if you can learn to control your thinking, you can manifest magnificent results in your everyday world.

Many systems have been developed over the centuries to help us control our thoughts. Many religious philosophies eg Buddhism, focus on understanding the nature of Mind. Magick (the occult kind with a 'k') is one of the oldest and most general of these systems.

Most of our modern magick comes from ancient Egypt and Chaldea. The Chines, Hindus and Tibetans also developed their own unique magick practices. Western magick was locked up by the Egyptian priests for thousands of years and then suppressed by the rise of Christianity. Only during the last century has western culture been open minded enough to permit investigation of the subject.

What is Magick?

Contrary to popular belief, magick isn't supernatural. It is a natural practice utilising genuine power that haven't has yet been discovered or labelled by science. "Magickal" practices such as hypnotism and psychology are now accepted as mainstream.

Magick is the study and application of psychic forces. The purpose of magick is to alter the self and the environment according to one's will. Many of us use the natural process of magick without conscious awareness.

Using mental training and concentration to program the mind, magick is a combination of the use of herbs, oils, symbols, visualisations, affirmations and personal focus.

Visualisation refers to creating images in your mind to bring about positive outcomes and then using those images as a manifestation of your wishes. Affirmations use the power of spoken words to change negative beliefs to positive.

Personal focus is the strength of your intention, your level of concentration and belief in yourself!

Does Magick Work?

When you believe in yourself, focus on a positive outcome and determine your needs without doubt, then it will work!

If you feel your magick doesn't work, it is because your *desire* is masquerading as a *need*. In magick and indeed, any affirmation work, a desire is not enough to warrant your expected outcome.

There must be an all-encompassing need for you to channel enough energy to focus on your outcome. Always create magick with an open heart and allow the love to bring you your wish.

Responsible Manifesting

Yet remember that magick is powerful! You can use magick to initiate change and to achieve goals. You can exert positive influence over people and events. Don't underestimate its tremendous power.

Positive manifesting is always coupled with responsibility! In Wicca, it is said, that everything you do and even what think, comes back to you by the power of three!

So, be totally positive and ethical in what you ask for, and ask carefully for only what you really need. The Universe is comprised of abundance, with every goodness is available for those who ask and are ready to receive.

Cosmic Bird Manifesting Spell



Find a place where you will be undisturbed and softly play some inspiring music. Cleanse your mind, body and the room with oils, smudge or visualisation to create a psychically safe space.

Take some deep rhythmic breaths and perform a progressive body relaxation, letting go of any muscular tension. Now, image you are a magical bird and allow your mind to soar. Rise as high as you wish, then rest in that high realm. This is a place from which you can overview all aspects of your life. What do you need to do now in your life? What is important to your growth? How can you assist others? Enjoy your stay in your cosmic nest – you have important decisions to manifest here.

One of these options is *the* most important! Once you have made your choice, begin to visualise that need as if it is already set. Build a careful picture of it and ask how it will affect your life. Visualise yourself as part of that image. Use abdominal breathing to expand the energy of that image and empower it with your passion and determination.

When you cannot hold the image and energy any longer, fling your arms in the air. You are freeing the cosmic bird carrying your dreams and allowing the Universe to manifest them. At the same time say, "I ask for these things, or their equivalents or better, according to free will, harming none, and for the good of all."

(Courtesy: Diane Stein). This ensures that you are asking for something in such a way that it does not deprive someone else.

So mote it be!



Want to manifest your dreams?

Kaz Thorpe (Ph.D. Metaph, Dip. EH, Dip. PH, AHHA, ARC Inc), presents regular workshops such as "Magick & Manifesting" at the Asclepius College of Healing. Ring now for a curriculum. **49562 263.**