



## Week One Notes and Homework:

### The Three Worlds

Across several magical traditions throughout history, we find reference to the concept of The Three Worlds. These three worlds are known by many different names, but they are usually depicted as: 1. the world above, 2. the world around, and 3. the world below. Many contemporary druid groups label these as The Sky, The Earth and the Sea.

The Sky is the world above, and is the realm of the so-called “Gods.” Some examples of different names for this world are the Star Kingdom, the Celestial World, Heaven, etc. This is the realm of the **superconscious mind**.

The Earth is the world around, and is realm of the physical universe as we know it. It is the place of manifestation and physicality. It is known by such names as as Middle Earth, the Terrestrial World, the Land, etc. This is the realm of the **conscious mind**.

The Sea is the world below, and is the realm of the shades. It is the hidden, unseen and mysterious world beneath the surface. It is the seat of emotion, and dreams. It is the world of the magical. It is known by names such as the Underworld, the Telestial World, the Dark World, etc. This is the realm of the **deep mind**.

We tend to spend the bulk of our day-to-day lives interacting through the physical world and thus using our conscious minds. Our conscious minds have the ability to make choices and reason things out. Our conscious minds function by thinking rationally. Since the world of the conscious mind is the physical world, the conscious mind understands what it can see, smell, taste, hear and touch. It identifies itself with the physical body.

Underneath the surface however, is the world out of which the physical world comes into being. The underworld is the seat of our deep minds and emotions. The deep mind is incapable of making decisions. It does not function through rational thought. It brings

forth form and experience according to the beliefs which have been established in it through the dominant thought patterns given to it by the conscious mind.

Most people are very sloppy about the thoughts they think with their conscious minds. They are unaware that these thoughts are like seeds planted below the surface of the ground. The deep mind, being the seat of all manifestation in our lives, brings forth the fruits of the thoughts planted within it, regardless of whether these fruits are harmful or helpful to us.

This process of manifestation occurs in a very similar fashion to a seed which is planted below the surface of the earth, which in turn brings forth vegetation. All manner of vegetation can be grown from the earth, be it that which gives food, shade, poison, or weeds that thwart the growth of other plants. The soil is not capable of choosing which seeds are planted within it. In the same fashion, the deep mind is incapable of choosing to accept or reject any thought that is implanted within it by the conscious mind.

The Superconscious mind exists in the realm of the world above. The Superconscious mind is our own higher self, best self, God self, etc. This is the seat of our conscience, our ability to judge right from wrong, and our connection with the Infinite. The Superconscious mind is known as **I Am**. It is pure awareness. From the perspective of the Superconscious mind, there is only One power. The superconscious does not perceive things as being separate like the conscious mind does.

### **Superstitions in Magical Practice**

Primitive forms of religious practice will often be fraught with superstitious thoughts when dealing with these different worlds. For instance, when interacting with the Celestial World, a superstitious practitioner may perceive different deities as being separate and distinct from the practitioner. These deities often are seen as needing to be worshipped, supplicated and given sacrifices. Yet a trained magical practitioner will realize that the Superconscious mind is our own very essence, and no deity external from us actually exists. Rather than needing to plead with these powers, or fear them, these powers are seen by advanced practitioners as being personifications of the True Self, the I Am or the All That Is.

Some call this concept of Oneness, "God," yet many find that this term is fraught with its own superstitions. Suffice it to say, that coming to the realization that there is only One Power in all the universe gives a practitioner of magic much more effectiveness than the belief in multiple powers. With a belief in One Power, all Gods and Goddesses are Personifications of the One. There is nothing to oppose the One, since ultimately nothing else actually exists. The advanced practitioner of magic is comfortable in the presence of any pantheon, religion, or magical path since they have the understanding that the One Power is capable of being expressed in Infinite ways throughout different cultures and traditions.

A superstitious practitioner of magic may perceive the underworld as being a place that is haunted by external shades, demons and spirits. They may make pacts with these entities and attempt to get them to do things for them, threatening them with the powers of the Almighty if the spirits fail them. Yet a trained practitioner will understand that the Dark World is the repository of all of our own thoughts and beliefs, and is the womb out of which all experience is born. All entities in the underworld are emotions, desires and compulsions that are of our own creation, and not separate from us. The trained practitioner recognizes that these dark powers are simply parts of their own mind that have been fragmented and must be reintegrated through the powers of their superconscious mind. Bringing peace and balance to the underworld will in turn allow the manifestations which occur in the physical world to reflect that same balance and peace.

To a superstitious practitioner of magic, the circumstances in our Earth World are perceived as external things that are happening to us that must somehow be manipulated or fixed on one hand and feared and hidden from on the other. They see the physical world as being causative rather than the result of their habitual thinking over time. An advanced practitioner, on the other hand, will recognize that the physical world is an exact and mathematic result of all which has been planted by us into our deep minds, and they will thus turn the focus on the deep causes of these manifestations in order to correct the thought forms behind them. This focus allows them to change the underlying thought forms which exist in the underworld, and thereby produce new, desired results in the physical world.

### **Why Dark Magic?**

Most people who have some experience in working magic find that, although they are getting some practical results, they often hit a ceiling as to what they can accomplish. They may have an understanding that this ceiling has to do with their own belief systems needing to be changed, but they can't figure out how to accomplish these changes permanently. This is where Dark Magic comes in.

The deep mind is a creature of habit. In fact, it is the seat of all habit. Everyone knows how difficult breaking a habit can be. The deep mind is compulsive by nature, and just simply wishing to make a change using our conscious minds isn't usually adequate to convince the deep mind to alter its habit patterns.

The deep mind is habituated through belief. The only way to change the effects which the deep mind is habitually producing, is by changing the beliefs which underpin those thoughts. Beliefs are the core of all thought forms. Beliefs live in the underworld. They are beyond our conscious understanding. Harmful beliefs that are deeply rooted in our underworld must be transformed if we are serious about changing the results we are producing in our lives. This is the essence of dark magic: the act of traveling into the underworld and transforming that which is at odds with our desires.

## The Dark One

Each of us has a Dark Self. Jung and others have called this being the Shadow. The dark self is simply our own deep mind personified. Anthropomorphized however, the dark self is often be perceived as a deity such as Hecate, the Dark Lord, Set, etc. There is nothing evil about the Dark One. It is an organic and vital part of each person, and is integral in the performance of all magic.

Where the Dark One gets a bad reputation begins with the fact that we people tend to do whatever we can to avoid discomfort. Whenever we are faced with parts of ourselves which are at odds with what our conditioning deems to be acceptable, we tend to push these feelings and perceptions down and away from our conscious minds, and pretend they don't exist.

It is important to remember that the deep mind is responsible for bringing into manifestation that which is retained within it (much like an old fashioned photograph is developed in the dark room). When we suppress that which causes us discomfort, we are, in effect, commanding the Dark One to make it be so. Being that we don't want to be aware of these thoughts and feelings that we have been casting into the dark underworld, when they manifest for us in the physical, we tend to place blame externally for the appearance of these unwanted circumstances.

We make other people and external circumstances powerful in our own minds when we say things are "beyond our control." This is where the misguided idea of the Dark One being the Devil comes from. In reality, the only Devil is Ignorance of how the mind operates. The Dark One is only capable of bringing about the germination of the seeds which we have sown, both good and bad. The choice is ours completely as to what we want to sow, the Dark One is incapable of choosing for us, it always brings forth what we deposit into the underworld.

In working magic, it is impossible for a practitioner to go beyond a certain level before they need to come to terms with the Dark One. This is known by names such as "Jumping the Abyss," "Walking in the Veil of Darkness," "Entering the Dark Night of the Soul," and other such names.

In meeting and integrating the Dark One, we begin to release a tremendous amount of power that has been wasted by us in keeping the awareness of our own darkness at bay. We suppress our darkness which we find uncomfortable while simultaneously casting it outwards onto perceived external sources in order to avoid taking responsibility for it. We then blame these external people, things and circumstances as being the causes of our darkness, while refusing to become fully aware that it was we who cast the darkness there to begin with.

As we begin to integrate our darkness, and our power is thus freed up from no longer having to keep so much at bay, we notice that our magic begins to work much more quickly and efficiently — sometimes instantly. The emotions that we have been avoiding

feeling no longer have power over us. Often, in finding balance in the Underworld, practitioners discover that they are less and less controlled by fear, they no longer feel victimized by circumstances in their lives, they have less of a propensity to be manipulated by others, and their bodies often begin to heal themselves spontaneously since the high-stress activity of suppressing their darkness is no longer a part of their daily lives.

## **Preliminary Work In Dark Magic**

It's important that work in the underworld and with the Dark One be done slowly. Attempting to get too much accomplished too quickly can bring up a great deal of fear and anxiety into the conscious mind. Dark Magic should always bring about relief and positive benefit. If you notice any unusual or unwanted results in your daily life, you have probably been trying to go too far, too fast. As with all of magic, a good mantra is "Slowly Is Holy." To reiterate, Dark Magic should bring only positive results, unless you are trying to do too much too quickly.

When discovering the netherworlds of consciousness, you will notice that there are many different types of entities that may be encountered. Although these are ultimately parts of your own deep mind, they are often very real entities from the perspective of the conscious mind. The entities which inhabit the underworld are varied. They are known by names such as demons, shades, devils, ghouls, banshees, Chthonic spirits, etc. These are actually externalized facets of your own deep mind, but they can be very frightening when confronted. This is why it's usually not advisable to work directly with the spirits of the Underworld alone, but only in the presence of, and with the direct supervision of, your own Superconscious Mind.

Dialoging alone directly these spirits is at best a waste of time, and at worst a recipe for madness. These entities are personified beings of your deep fears, hatreds, violent urges and myriad other negative personality traits that you have been avoiding for a lifetime. They have their own survival instincts, and can feel threatened when it's obvious that you are no longer unconscious of them. In the presence of your superconscious mind however they are immediately integrated and no longer have the harmful effects, since they are no longer mutations of higher principles. They become the alchemical gold which has come from the lead.

Dark Spirits cannot give you resolutions on their own because they don't know what the concept of "resolution" means. They are shades. They have no actual substance as spirits of darkness. Their identities are based on the lies out of which they were born. While dialogues with underworld beings is not advisable, avoiding them altogether is not the answer either.

What we must do in working with our dark side, is to invoke the power of our superconscious minds, and through the power of pure awareness (which is the realm of the Superconscious), we are able to look at these dark entities directly and purposefully; the lies out of which they were born are then rectified and the energy wasted in keeping

these demons alive in their demonic forms is thus instantly freed for us, and can then be used in creating the positive goals we have, as of yet, been unable to achieve.

## **Common Underworld Entities We Encounter**

When working in the underworld, we are apt to encounter dark spirits of several different categories. Some common ones are:

### **Fear**

- Fear of sex
- Fear of failure
- Fear of violence
- Fear of imprisonment
- Fear of trusting others
- Fear of being alone
- Fear of darkness
- Fear of abandonment
- Fear of punishment, etc.

### **Guilt**

- Guilt over past behavior
- Guilt over sexual behaviors or impulses
- Guilt over thoughts
- Guilt over feelings, etc...

### **Inferiority**

### **Hatred**

### **Unrequited Love**

What are some demons you carry with you that are not on included on this list?

## **Underworld Diving**

When we encounter a part of ourselves when working the magic included in this course, rather than avoiding it, fearing it or running from it, we learn to “dive into it.” Each and every “demon” that we are running from in our lives is actually an “angel” whose form and function we have distorted. As soon as we are able to integrate the demonic powers that are running our lives, we realize that they were never truly demonic to begin with.

Look at Dark Magic, like panning for gold. During the gold rush, pioneers came out west in order to find gold and become wealthy. One of the methods used was to take muddy

water from the deep, and sift through it in order to separate the muck from the gold nuggets and gold dust. That is what we are doing with Dark Magic. We are sifting through the mud of the underworld in order to find the gold that is a part of us and is our birthright; and then allowing all the mud to be washed away, leaving us wealthy spiritually, and in all ways.

## **Payment for Underworld Passage**

Many ancient magical traditions have the concept of payment for passage into the underworld. If the entrance to the underworld was depicted as a river, then the pilot of the barge was given a fee to pass. Yet, in all these traditions there was the concept of a person of sovereignty who did not need payment to pass. These were usually great and powerful magicians who were given free passage back and forth between the worlds. In the Greek tradition, this sovereignty was symbolized by the person holding a magical golden bough.

You have sovereignty over your own mind. The underworld is your own deep mind and you have a right to explore it. In giving you methods for accessing these astral levels we borrow the symbol of the golden bough, wand or scepter. This is a symbol of your right to be in your own mind. It is a symbol of the fact that you are never alone, and that your own Higher Self is with you every step of the way. This wand is a part of you, and cannot be lost or taken from you.

## **Traveling the Underworld**

In keeping consistent with many of the forms of magical training I offer, we will again be employing the magical device known as the Orb of Light. We utilize this Orb to help us to stay clear, focussed, relaxed and at one with our Superconscious Minds. It is at once a protective device, a magic circle, a method of purification of our bodies, minds and auras, and a vehicle for astral travel.

The main difference in the Orb of Light as it is employed in Dark Magic versus other systems with which we work, is that the Orb is very bright on the inside only. The exterior of the Orb is colored infrared in order to not disturb the mechanisms and beings who exist in the underworld, as light is damaging to them (much like light can be damaging to an embryo, an herbal extract, an undeveloped photograph, etc.

Recordings have been included this week for you to become familiar with the general procedures we will be using to access the underworld itself, and in beginning your own encounters with the Dark One.

## **Daily Purification**

Daily spiritual purification is recommended for all magical work, but it is especially necessary when doing Dark Magic. It is very easy to become distracted and self hypnotized by the many illusions present in the lower astral realms you will be

accessing. It is recommended that work with the different meditations from a Witch's Primer such as Grounding and Centering, the Orb of Light and the Rainbow Power Meditation be done daily; and other purification practices such as ritual bathing, and the like (as described in A Witch's Primer class one) be incorporated if not being performed regularly already.

## **Invocation**

It is recommended that all work with Dark Magic be initiated by using an invocation. Since this is a non-denominational training, all references to specific deities is kept to a minimum if possible. If you work with a specific deity or pantheon, you may invoke using those names if you desire, but it must be stressed that these deities represent the One Power that is perceived by the Super Conscious mind, not a separate deity. The idea of separate deities activates the lower mind and causes fear and confusion. The concept of One Power activates the higher mind and brings peace and healing.

An example of very simple but effective invocation that is useful prior to beginning any session with Dark Magic is:

### **Basic Invocation**

***I call upon the One Power, the One Source of all that is, which has been called by many names. It constantly creates the Universe and all things within it. I am a divine focus for this Power. This power permeates every part of my mind, body and affairs. It enfolds and protects me in all ways. So Mote it Be.***

Alternately, an abbreviated version of an older invocation that has been commonly used prior to working Dark Magic is called The Bornless Invocation and is utilized by many practitioners:

### **Invocation of the Bornless One**

***Thee I invoke, The Bornless One. Thou art Man made perfect, whom no man has seen at any time. This is He whom the winds fear. Hear me, and make all subject unto me, so that every Spell and scourge of the Vast One shall be made obedient to me.***

***I am He, the Bornless Spirit, strong and of immortal fire. I am He, the Truth, that lighteneth and thundereth. I am He whose mouth ever flameth. I am He the begetter and the manifester unto the Light.***

Other examples of invocations might be ***The Charge of the Goddess***, ***The Lord's Prayer*** or any prayer or invocation that brings you a sense of oneness with the One power and source of all that is.

## Homework:

### 1. Invocations

Perform an invocation prior to any magical work during these classes, including your meditations. This can be one of the invocations included in this lesson, or one that you use from your own tradition, pantheon or something that you enjoy. It should be short and to the point, and spoken out loud. It should be clear that you are calling upon the One Power out of which all is created. It should give you the feeling of peace, safety, love and power.

### 2. Meditations

Perform each meditation included in this lesson at least two times this week. You may do them separately, or one after the other. Start with the “Underworld Orb of Light” meditation. Next work with the “Descending Into The Underworld” meditation; Finally work with the “Encountering the Dark One” meditation.

### 3. Goals

Make a list of all your most treasured goals, things that you want to be, do and have. After each item write down the reasons why you feel you haven't been able to achieve these things. This exercise will begin to open up some of the underworld beliefs that will be worked upon in the coming weeks.

### 4. Tools

Most of this magic can be modified to either use your regular ritual magical tools as described in A Witch's Primer, or by working mentally. In addition to your altar tools (if you choose to use them), when working with evocations, you may decide that you want a “speculum.” The type of speculum traditionally used for this type of work is a dark mirror. You may use any dark surface you desire as a speculum however: a piece of dark glass or stone, a bowl of water in a dark bowl, or a bowl of water with some black ink poured in it are some ideas. You may also simply use the “insides of your eyelids” as your speculum, by working in meditation with your eyes closed.

### 5. Dark Mirror

For those who want to use a dark mirror for their evocations, this is a good week to make or purchase one so that it will be ready for you when its time to use it. Following is a simple and inexpensive procedure for making a very nice dark mirror.

## **A Simple Way to Make A Dark Mirror**

- a. Purchase a picture frame that you like the look of. Make sure it is the type of frame that has a piece of glass on it. The frame should be large enough to see a general reflection of your face in it. It needn't be too large, but not tiny either.
- b. Remove the glass from the frame and paint the reverse side of the glass with a black spray paint. Be sure to purchase paint that is capable of painting glass. Usually 2 or 3 light coats is sufficient.
- c. Be sure to only use spray paint in a well ventilated area, and use a drop cloth or newspapers to avoid getting unwanted paint on other surfaces. Be sure to allow the paint to dry completely between coats. There should be no streaks or marks when viewed from the unpainted side.
- d. Once it has dried completely, simply replace the glass into the frame, with the paint side in, and the unpainted glass facing out.
- e. Cleanse the mirror with salt and water, and fire and air as with any other tool.
- f. Voila! You have your very own dark mirror for working with evocations. Next week simple instructions for charging your mirror will be given.