

Spiritual Faith



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What is the Spiritual Faith?

This is the creation faith. There is a point in existence that you get tired of religion and religious spiel. This is a self-practice to make a better way of life. This spiritual faith makes it where there is no actual needed church with annoying lectures or need to worship. There is no unnecessary doctrine. Its this, faith that the spirit is the source of life and effects and allows us to cope to the point that we can do anything with faith, including spirit effects. Any restriction is up to us that we want to have. There is no preacher to tell us what we want but we do have to follow what rules suit us.

We decide what we want and we do things to achieve it. This allows any result of the moment. Self-practice is for better results. This is where we take up the responsibility for our own actions. So, try to stay out of trouble by having a good explanation or excuse. Always remember, laugh off the problem and deal with it as it is necessary. This reduces stress and allows us to relax better.

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The religion of action:

Religion is an enlightenment made by awareness and caused by the magic action or thought done by the actions you do. This to make things by the goal in mind. This is made by setting a goal and usage in mind thought. This is by thought, feeling and the faith that we have. This is by a cause and is thought of what will be. This is from the moments that will happen. We classify this as the action of self-thought made real. This is where we can go and achieve things with moments of actions. The action creates the moment and enlightenment comes from results.

Basically, it can build personal energy, the more energy you have the higher you get in vibrations. The higher in vibrations you get, the more you get what you expect from things and actions. This doesn't mean love Jesus or prayer. Don't pray, prayer doesn't matter as that makes you weaker and more lazy. By doing actions for yourself of which make intention and the self-regard without ego, you get better respect. Love to do things and you get more effective results.

This means the more understanding you will have. The less effected you are from demons and the other things you get effecting you. This religion isn't actually to be believed, but to do so and then accept things yourself. This can be from any religion, but its not too easily achieved. Unless, you have the energy to get results. Remember, in this action religion a good action is a skilled one and a bad action is unskilled one. Unless, your in a bad mood or very good at things. Then, your bad at things. The love of doing is the key to success. Unless, it leads to disaster.

When you want to get respect for yourself and your doings, do things by explanation and do it without ego an with no regard of personal thoughts. You choose to be doing things impersonally. When your doing things, don't get religious and try to be yourself. If your in a frenzy, don't do it. Prayer is unnecessary. If its necessary or things are too much with stress, don't care. Remember, patience rules better and will win through the moment, even if nothing else seems right. So take advantage of the situation, when you can. This is the unlooked at 4th type of religion. That really isn't a religion.

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Why this is important:

This is basically a replacement to faith that is lost or provides a faith that is spiritual belief. This faith builds up the awareness and by the effort of doing things, you can achieve amazing results that is from the gathering of Ki. This effectively addresses some of the issues you might have with other faiths. A faith tenet that teaches religious tolerance by acceptance, where we accept the others

belief and go on. Basically, accept others and they accept you. We can be any faith we want.

Where they may condemn magic and similar practices, this faith allows you to work with them. This has its own spirit practices and they are rituals anyone may do. So feel free to use this spiritual faith as a workaround to having a religion. This Faith actually came from spiritual memories. It was called Wiccinism on the other planet that it was on. Faith magic is described in this article. Feel free to work with many deities and beings, at will. A deity in this case is a god being from a higher plane of existence.

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Ascension:

Ascension is caused by doing positive things and building your personal energy up. This allows you to work with higher energies and live a dream life. This is basically going to a higher dimension of your choice to live in and you become able to do anything. In three easy steps, you can ascend. When you ascend, you go up in the spirit world and become one with your god. Otherwise, you get the chance to goto another higher existence planet or nirvana. Basically, when you ascend, you die and are gone from the place of existence you are at.

Step 1. Live.
Step 2. Learn.
Step 3. Love.

Here are 6 steps of enlightenment that govern the Ascension.

Enlightenment rules:

Number 1: Learn the importance of life. This is until you can break rule number 3. Also, until rule number 2 does not matter. This is because of what you realize from rule 1.

Number 2: Stop learning.

Number 3: Know when to break rules. Because sometimes you have to, to get through life as rule number 2 applies.

Number 4: Know yourself. Know what you do and how you do it.

Number 5: Know others. Know what others do and how and what they achieve.

Number 6: Learn how to "know without knowing." It is a substancial step in personal growth and in itself gives room for almost infinite self improvement. Knowing in your heart that things are going to work out, even though you dont know how its possible or how it will work out. Some people call it hope and getting results.

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Gatherings and Spirit exchanges:

There are gatherings, wherever you choose to meet. These can consist of whatever you want to bring with you. Be considerate. Givings of things or idea can be done here. Givings are freely exchanged idea and whatever you want to exchange. The point is to have fun and do things that interest you. The spirit can exchange nearly anything. At any distance.

Spiritual agreements are what can change minds. When you spiritually talk to the others spirit, you can get them to agree physically where they normally wouldn't. Thus, exchanges become much easier. Things can even seem magical. Think your message to express your need to the other person's spirit. This is the easiest way as you only have to release some energy to get to them the information. The harder way is imagining the scene in your mind. Wait for their response though, as it could be different. Combine the two for a better way of doing this. Remember, treat everything as a concept to play with and things can be acceptable.

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Congeniality:

Something to know is congeniality. The moment you notice that fits the situation you cause with actions in the meeting time. This is where you act nice and get nice results through responses. Act mean, and you get denial of your efforts by whatever means necessary. Not in the things you do, but in the necessary point of view. The viewpoint makes the understanding and the effort that's done. This is good for you if you made a good impact. So be nice and you get better results.

After your results come in, then you know you achieved something. A sense of pride and knowledge comes and goes with the right actions. Try not to keep the ego from it and you will become more able to cope. There's hope in the pride with what you get. This is where, you get more from the knowing and getting results. You may feel grateful for the help. But, always remember that too much gratefulness can turn to hate. There is a moment in time where even this doesn't matter. This is when calling on god helps. The empty feeling will go away with the god's energy. However, love can also fill the void in you.

The void is an empty feeling that can calm. So, if you feel harder inside after every attempt at things. The empty feeling can cause you to do crazy things. Then, you get the emotional impact of just doing things and not caring. Thus, you can get to doing whatever comes to mind without a thought. This can be anything that gets a response. This response is only to get reactions of validation and seem to feel normal.

This is where you can get and find resolve to make things better to win your need. There is a point where you get much more an is where you can get irritated and decide to change to be better. Otherwise, you could do impulsive urges and hate actions by the emotional need you have. This emotional need can be cancelled out by channeled effort to create great results. If people see the emotional need, they need and can be manipulated by it. Or, you can be manipulated by the need.

Development of emotional resolve is important to keep yourself under control. This happens when you get off on things and feel high or good from it unless you think. Removing the pride with and having no ego gets the attitude to become better. Seek balance by actions and you get to be aware for the moment of

respect in yourself. Be calm in silence and seek resolve in mediation. Find a reason to do things and you get better respect. This all accumulates to make a point. This point is the lesson of the moments you see. This is the point of fulfillment with emotional value or validation, unless you need to think on it and it becomes meaningless. See the reason in things and you get self-validation. Unless you intend to seek validation by pointing out things or bragging, then you can get it from others. So when resolved by your purpose you can just let it go and go do something else.

If you get overbalanced by going too far and doing too much, you get disbandment and dispassionate about activity. This is by going to the extreme side of things. This can make you bad or good at things, and very impulsive to the point where you have to wait and think to stop. You stop doing things and go through the scenario in your mind. Then wait 10 seconds, and you reclaim your senses. If the problem is too much, then go along with the flow like water.

Work with what you get and you can get positive feedback. Sometimes, you just have to make yourself. Otherwise, you could be driven away. Where your insane and droven to forbidden passions, don't do things and control yourself. Try to get resolution within yourself. Point out what you do and let the mental pressure go. Feel it fade away and do something else.

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A morality:

For issues with morality, acknowledge and go on or do something else. There is no good or evil, its a perception based on what experience you have. Someones evil could be anothers good. And vice versa. So, when you decide to do something, you get a reprise from the morality of it. Till afterword, then if you remember that good and evil is a trait of the point of view, you can laugh it off and sometimes give a good excuse. White lie only when you have to.

For what could be bad, this is the thing or things that are felt as not so good an for you. Some let things go for that reason. To deal with the bad and somewhat ignore the other things that aren't so bad. Till the point of the bad effects have been dealt with. This doesn't mean that things are not effective on others. So, you have to have a reason that works with others. Or, they could apply reason to misjudge you, unless you don't mind it.

If you find an unreasoning attitude, then work with their pride and standing with a point of view they accept and don't push the issue or concept they can't accept. No pride? Then, you give them a reason and back it up with something they will accept. If you had in mind to find a person who dislikes you for your actions, then don't push the issue and don't push them away. This is a solution: Leave them alone and act in accord to their wishes. Try to rethink your position with them and work with them. Or, they could risk being irritated by you.

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Dealing with situations:

To work with what you get, you might need to remove some effect and gain understanding. Its possible to remove effects by talking the problem out. To understand it, is to make it appearant and your subconscious directs motions to remove it. To make the effort to sacrifice something, makes things a bit more plausible or easier. Allow things by working with the effort or things that happen. Knowledge is important. If you want something ill, like a disease to disappear, then imagine a scene that you fight the problem. The problem could be any shape or size, but if you think it is easily dealt with, then it is. Then you get to negotiate with the problem makers or defeat them. Talk it out with them, if you seek to negotiate and make your views known. If you accept your life and not go along with the situation, then you get farther.

Work in the moment of your choice and you can make it seem like a great heroic deed, if you want something then you get the result of what you want. If you defeat the problem, then it will disappear over a given time, unless your personal power makes it go away faster. If necessary, seem to negotiate or give in when dealing with other people or beings. Treat people fairly with respect and they are working with you, at least spiritually. What makes this easier is to think of the moment as a situation and not a problem. If you make things seem fair, then its even easier when acknowledged. What they don't know, won't hurt them. This is in the case of arguance. Not to be used for important things. There is a chance of white lying here. In this case, the best chance to do things is acceptance and allowance of what comes. Unless, you know you can change it.

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The reward:

A reward for your actions are the feelings that you get in faith of something. This is after doing the action you want to do and succeeding. The right feelings or actions can get you feel like you are in heaven or hell. In fact, you build your own heaven or hell. This may be a personal pocket dimension though. This is by doing actions with intent to get an effect. If the effort you do and the response you get is positive, then you earned a little more heavenly action. If the reaction is bad, with reprisal or with obstruction that makes despise, then you get a little bit of hellish activity. When you die you may end up there, if you have no other place or planar existance you need to go to. You decide to go where you want to go. This is as real as heaven.

However, there is possibility of when we die we ascend or become reborn (reincarnated). You only get the award that you think you get. The thought of what you get causes the right actions for it. The actions you know are sometimes necessary. There is always a 50/50 chance that some things might go wrong. These chances are improved by the spirit making things happen.

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Membership:

Membership is up to you. If you just want to be a silent member, then do the practices and whatever you want with the information on this page. There is a [Spiritual Member](#) site that you may visit, if you want the prestige of pointing out your a proud member. This is only for fun as you are a member, if you believe you are.

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The Spiritualist Cross:

The spiritualist cross makes sacrificing seem easy and is in the upper corners of the site. Your actions equate into words. The spiritualist cross, is able to protect the area by spirit and corporeal influence with a marking of it or etching. This cross upon use as a effective spirit effect is to make you decide peace, joy and clarification. This makes the effort of doing things easier by the cross making spirit easier to use. It centers and can ground or calm the mind. It effectively causes a guiding force of the spirit to achieve what you would want. This makes an interesting way to control and manipulate the four corners of the world. You might even make it seem to yourself as though you were the world's stream of conscious. The symbol only does what you want it to do by the spirit-that-goes-through-everything. The spirit teaches, what you give, you can get in resolve by return. This does not effect what you don't want effected.

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Wanna Be a Spirit Priest?

There are no actual priests in the Spiritual Faith. However, if you must be one, the way to do this is to use Shamanism and be a Shaman priest/ess, or become an Ordained Dude Priest/ess and have fun representing Spiritualism. You even can get legal marriages done this way. If you get Ordained online, you can call yourself whatever you want. A great name is Dude Spiritualist.

Shamanism is described in the [Shamanism article](#).
Dudeism is described [here](#).

There is a pdf book for free download. Called the '[Spiritualist Book](#)'.

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Punishment:

Our punishment for doing wrong? Karmic debt when allowed, if its not allowed things seem to work and the debt is paid next life. This can include anything we think to impose as a punishment. What we think is necessary, we can do if its legal. And, its enacted by spiritual or physical influence. This karmic debt allows us to effect someone who effects us through their guilt. Not to bash things or people when you want something, is an example to learn from.

As, you could be bashed back by a defense. Be nice and you are getting a nice response. If you lie, cheat and steal then you get the same on you. This can get the stealing away of yourself or something you cherish. If you kill, then your getting hurt back or jailed, by others whom don't like it, by not having acceptance. Unless necessary or its allowed for. If your using the wiccan rede, then you get three times the effect you dish out. Just try not to get too aggressive. This is the point where fate steps in and controls the situation.

If you don't want to be effected, then you don't get effected. If you do the necessary things, then you won't notice the effect. If you don't think you will be effected, then you won't. Just don't expect to be allowed near the person you inflicted things on. Or, sometimes your not allowed certain things they give as a reward. Brownie points work well with this.

The idea to remember, is if they don't want to be effected, then their spirit makes their need known and sometimes can restrict the effect. The effect can bounce back. Also, by spiritual enforcement or agreement the effect you don't like is halted. The spirit has influence beyond the normal realm and has hidden knowledge we can tap into. But, we cannot tap into anothers spiritual information. Unless, we get permission by the person's spirit by the need being felt. Sometimes, to get an effect we have to get permission or beat the other persons mind that blocks us. We can trace the people that block us, by thinking to our subconscious to do the effect.

The only tenets we have to follow is the enforced laws or corporeal punishment. We can optionally use law enforcement, as its an effective means. We can make personal laws, these are self-made laws that is made on an instance and we can enforce on others, if they want services from you or accept it. We can get law enforcement to back us up and it counts as infringement if someone breaks it and forces on us what we don't like, as its our natural law given right. Something personal is infringement if imposed on others, unless its allowed for.

Something to think on, is a law of restitution, where people get paid back. The other thing, is the law of retraction where the less one eats or does then the more one gets elsewhere. These laws only last as long as we want. If you don't see a reason for something make no allowance for it. But, what is practiced in the spiritual faith is open-mindedness. So if you are a spiritualist, then you get more out of life when open-minded. A relaxed mind is always less health risk.

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Fate:

There is the ultimate ruler, Fate itself. They are an impartial ruler. They enforce the rule, of whatever is done wrong in the eyes of the beholder is what causes insanity on the person that does bad. Otherwise, they can erase the moment as though it weren't there. Sometimes, to teach a lesson, they let the moment go by unnoticed. The Fates go by three names: Nona, Decima, Morta. Otherwise, known as The Norns or Norda. They do favors and give rewards for those that serve them their requests. Basically, they request and you do. Then, you can point stuff out to them as a form of request and they might give you a fix or treat your point as a reward to give. One doesn't invoke the Fates, unless they need to.

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Blessed be! Have luck with what you do.

**Book Source: 'The way of the scout' By Tom Brown
Other Information came from Ye Dude Spiritist Spellhawk
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The spirit:

The spirit is a force of our will that is formed by the release of energy. This spirit is the effective energy put to action. This faith is the action that derives off this idea. This is formed off a belief and that something will happen, as you make actions or form idea from the actions. This derives off spirit practices for faith effects and how energized the body is, as its the energy of the spirit that goes and flows through everything and everywhere. This is from in the land and universe. The spirit is the spirit of the land or nature, a collected influence of spiritual force of many spirits, people and things. This force of energy is able to influence any event. Deny the spirit, you make yourself weaker. Allow the spirit energy to flow, to make yourself stronger. The spirit is also energy in us that allows us to do things and by our will through influence.

We do this by opening and closing our chakra gates. We can deny the spirit energy by closing off the chakra point gates or slowing the energy flow. We can open chakras by making energy flow through it as we will them to open. A gate to open is the energy gate near the pineal gland. The chakra point or energy body gates will open easier with stimulation to the chakra points.

The spirit energy in our body can allow what it thinks is necessary and what we want it to do. Anything we wish to occur.

When we want it and where we want it. This effect is considered filtering of the energy we get. If the spirit knows its not good energy, it can be removed of its influence. Simply stripping the programming of the energy, we keep the bad reactions from happening.

To gather the spirit energy, think it is there for us and where we want it. Our will is what we think and need for the spirit to do. We can create effects with the spirit and with extra sources. To cause a body wound to disappear, summon energy to the area and make the energy cause the body to forget the wound. This works with the brain as well.

To actually practice this idea, ingather the excess spirit energy that clings to the things and people, your spirit can manifest funds from it. The more work you do, the more Ki you get. This is the focused spirit energy of the body that we collect while working. We can get more money from the Ki changing the energy into funds. The more ki, the higher the repute. The more Ki, the more money that is possible. The money manifests from the work we do, when we want it to. However, this is not instant and spiritual money can be anything exchanged. The brutal exchange can make it so you 'don't like the currency.'

When money making, the more money flowing makes the greater funds. This is spending and recieving things. The more money you might recieve by spirit permission. Spirit permission is gained by the need being known, and what materializes from that need. This is how you can get more money than usual. Because with more money, there's more spending and more need and demand. This proves your character. However, you may choose to keep some money for later on. When you are doing things with this, try to think of what you do or want from work first. Work with the thought of what you want to get, and use it as a goal and intent. When you see the need, you may not think and do things. This is only natural intuition, an you get the intent by doing the effort.

Focus your mind on the moment at hand. Then, breathe in and out slowly. Maybe add a mantra word like 'Aum' to cleanse to air of bad vibes or 'Ko Aum' to kill the bad influences. Think or state, 'I can command the energy I have to achieve what I want or need. Everything has a purpose and happens in time." Gather your spirit energy by thinking it where you want. Perceive the energy, as it is. Try to collect a moment of thought and think of your purpose. The purpose turns into your intent. Then, by thinking your intent and releasing the energy, your causing your result you want to occur. To release the energy, think it where you want it and feel it go freely to achieve the result. If you succeed you will feel at peace and there is a chance that the effect you needed will happen. The higher the personal power,

the higher your chances of manifestation.

The attractions we get is from what spirit energy we put out. A positive idea that's expressed gets positive reactions and attracts more people to you. A negative or disagreeable idea expressed, will get a negative reaction from those who think it's negative. Assurance comes from the spirit.

When rage is present in you, you introduce to the spirit a demonic nature. That is a reddish spirit with tripled strength. This can cause things not to work and cause the rage further. Indemnity comes from the spiralling upward of enragement. Rage only lasts so long, so don't destroy with it. This is where you can hurt someone and have to pay for it later by paying off a karmic debt energy. So, be calm and you can avoid excess force and unnecessary damages.

Thus, to avoid the trouble we may get, think positive and use the gravity of the situation or importance of the moment and act to what you may think is right. The more personal power you have, the more attraction you get and the more active you are as you can understand things. This is a natural trait of building up energy in the body. As when we want someone or something in the area. If we have enough personal power, then when we think the person or the thing will be there, the more possible that the event is made by the need manifesting by our will.

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Spirit pressure:

The spiritual pressure is an idea where you gain energy and it reflects in the aura but is felt in the forehead. The more Ki and body energy, done by activity, the higher the spirit pressure. The more you get results and your aura extends. This is detectable when energy is used. Ki in this case is the use of activity to build up life energy. To detect the spirit pressure, be aware of your aura. Then, the effort is done as your thinking and focusing your mind on your aura. Perceiving the aura as it is. The more aware you are, the higher the Ki spirit pressure.

The further the energy radiates off the body, the stronger his

energy level is. When you have focused so that you can see the energy radiating off of you, blink once or twice. When you blink, you will notice that there will be an exact line between the air and your energy. This way you tell exactly what his energy level is. Here is a scale to measure energy levels with:

1 inch-200% energy level 1 foot-2 Or 3,000% 5 feet-about 15,000% 10 feet-about 30,000% Every foot is about 3,000% energy level.

Feeling energy levels is the most common way to tell energy levels. A Ki scan is pretty much all you have to do to feel an energy level. You do this by feeling their energy around you. You should be able to sense any energy level of anybody you want. Just make your Ki touch their Ki, and you will get a feeling. The stronger the feeling, the higher the energy level is.

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Spirit rituals and practice:

There are varied practices for you to do and achieve things with spirit energy. These are for those who want to do effects that are like magic. Just remember to use a candle or imagine a lit candle for when you do them. This gets you better effect. There may be negative energy in the area, so to dispel it. If there are any faery in the area, then they will remove the negative energy vibes, sometimes on request. Make yourself calm and state 'Aum' or 'Om' by pronouncing the word out as you send spirit energy to clear the bad vibes.

Creating with spirit or the god is to make something that materializes by the love of the effect and doing. This means you create an object or person. When you create, it can form anywhere and it goes where you need it to go. The process is simple, to make something is to think what you want and intend it there to materialize, feel the idea form and stating the end result by whatever means you want. This is easier when you have enough energy. This is where you get the subconscious and spirit to create the result together. Then, you get the effect of what you want.

Mediating is where you focus the mind, and use meditation

techniques to clear the mind as you get a result. Further [discussed here](#).

This is the spiritual intuition, or spirit guided moment to get knowledge from the soul to do something, this makes for better understanding. Thinking about what you do with the spirits help. Or, with practice, the instinctive reaction of the body to just do the thing you want. When you need something done, the spirit causes your knowledge to improve and you do the right actions. This is the knowledge granted by the creator and also added to by experience you get. To get this action, need the spirit to help you. Then, you may call the spirit guide and have it guide you to do the right action, or you can need the result and decide to do the right activity. Then the spirit guides you into doing the right actions. You find yourself doing the right actions.

When you want to do a blessing, anyone can do a blessing, try to think of the Spirit and will the blessing of the god on the person. Saying some words to get this done, will help make it seem an effective use of the spirit energy.

A healing technique that uses energy of the spirit, is to focus the energy of your voice or thoughts. Thinking your intent, state it at the target. Feel the body you send the energy to heal. Touch with both hands on two reiki points as you send spirit energy from one hand to another, through the body. This will make the body repair itself faster.

This is where the energy essence can be very interesting. It can be any essence of drugs or substance. This could also be any chemical coming from drinking. This is the reason some effects can linger. With the spirit, you can recreate the effect of the essence, then feel it over. When the essence is recreated, it can become real again from the added energy.

Where you want to get rid of the essence of the substance, then you will it out of you. This works for diseases, as you can remove the disease essence and put it in a rock. The more you can remove, the faster it can seem to heal. If your drunk, then by removing the alcohol essence you become sober. When you remove the lingering alcohol essence, you remove its effects. Remove the decay and death energy, then the disease can heal quicker. Where there is a disease, there is some death energy.

Surging, the surge is streaming gathering energy by feeling it collect and streaming it forth. This can cleanse an area. Alternate possibility is to make a burst circle effect. To radiate it outward and in a circle. If you gathered enough energy, you can surge an effect and make it work better. Finally, you can purify anything you focus the spirit energy at. This is where you can surge and also cleanse your energy. Making quicker healing. This helped by

water grounding. Be in a shower or lay in bath to ground yourself. This drains the bad essence and replenishes the good.

Also, a form of surging is to spread your finger and thumb, and imagine a stream of energy going from the finger to the thumb. This is cause of reenergizing you. For large scale surging, try to make energy go from one hand to another. The hands are spread apart at any length you feel is necessary. As you energy surge, try to cleanse yourself of taint by thinking 'cleanse' at the energy stream, or make yourself relaxed as you try the surge and allowing it to go. This works indeed, by you putting your energy back into yourself. And, your thoughts program the energy to do an effect.

Make it better, that stated or willed and focused into working or sent spirit energy, will be making things better for yourself and maybe for those whom you intend to be effected. This will make the area better, to be in as well. When, you state it as you will it near a candle or two, then you get better results.

Ether effect; This spirit effect is a spirit form of magic that works on ether. Ether is a more intense form of spirit, that uses most the elements by manipulating it to get an effect. You can get almost anything to manifest, if its allowed for and you have enough spirit energy.

Do this by thinking what you want as it can be an intent. Decide to get the effect and this gets easier. Then, willing your subconscious to do the effect, your stating what you want as an intent. This is stated to get manifestation of some action and your intent. Ether does it all according to what your subconscious instructs and what you say is what the subconscious tries to achieve with the Ether.

You may empower the object to emanate what you want it to. Think your intent to the object or state it, and touch the object. Clapping three times to amplify the effect. The object may become undestroyable by this attempt. Now, all you need to do is be near it. What causes this empowerment to turn bad and give negative effects is damage to the object.

Shield; We do have a shield of energy we can use. This is to form energy into a hard shell. Feel swirling energy that comes from above and then, the ground itself. As it hardens, you can feel it ward away danger. This keeps beings from entering you and possessing you. You can link the source of a sun to empower the shield. Imagine a drawing of a line from the figure of a sun to your shield. When you go and make thoughts at the shield, you can program it. So you program it and make it not programmed by others.

Spirit Channeling; The spirit channel practice is where you take essence of left and discarded discovered energy. And, then attempt to use words, projected thoughts and the spirit to make effects or thoughts manifest. Feel it happening, and it will. When no results, practice makes for better results. However, be considerate and do the necessary actions. High energy spirit channeling is where you use the Force capacity. Then try to do spirit channeling.

Force capacity is where you are readying yourself by the effort of opening chakra gates. For full force capacity, try to open all your gates up. When you surge, with energy coming into you from the lava, the surroundings and other sources. Then, as you can get greater surges, try to exercise and do ki powerups. For an effect of high intensity energy surge, work with maintaining a certain level of energy. Folding into your blood by compressing your excess energy as you do things to build up ki. Makes you able to get results done by higher energy effects. This effect is another way to strengthen your mind and body, to get more effort done.

When you do surges, you can get the effect of very high energy outpouring. This can flood the area with energy to cleanse it and take out energy barriers. A person of high enough personal power, can get double the effect of which you normally would get. When you can generate enough energy, you can do it with a quick response. There is a possibility of death or disruption of the body with high enough energy buildup. But the spiritual energy level that's with enough personal power, can cause the death possibility to disappear.

Other effects that are more detailed are in the [Spirit rituals and practices](#) page.

If want to learn to channel some being, you may want to learn to channel. Here is [channeling instructions](#).

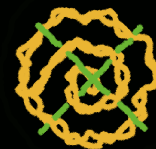
For elemental practices, that you can use the spirit to produce by attempt, go to the [Elemental Practices](#).

The Incorporeal magic guide, is invaluable to the striving interests of those who want to learn or study spirit magic. [This](#) is an [in-depth guide](#) to an alternate way of spirit magic.

[Goto Menu](#)



Spiritual Faith Church



Spirit rituals and practice with spirit effects

Spiritual is an effect through practices that are done to direct the spirit and effects through the chosen source. To work with spiritualism, you can choose to work with spirits to get guidance and effects. Some spirits are likely do certain things according to what they believe. So this allows us to go where we want to go when we die. Our souls are an energy source that is what is. This is with collected experiences. Our souls are free to do what it wants and we let it. You can believe what you want to believe by the knowledge contained in yourself. We restore our soul energy by causing energy to flow into it. This is also done effectively as we sleep.

The more powerful the soul, the more energy we have in personal power. Personal power is activity done and achieved. This makes the effect of things that we can do. When we add energy, we must be careful about not adding corruption or decaying energy from a bad smelling area or in an area of bad influence. Such a bad influence can be broken things or other broken effects.

This is death essence. To get rid of death essence, we will it out of us to direct it outside a window or to a target. To purify ourselves and the area of corruption, we surge the energy we have with energy from some source.

The spirit guide; There is a spirit guide, that is our higher selves. It guides us as we want it to. To call it, think or call out 'spirit guide, do my bidding.' Or request it as you think it.' or 'spirit guide, [request here]'. To cause your spirit guide to be near you, think it is near you. Make thought to it, and as you have a calm mind. Then, the thoughts from the spirit guide will pop up in your mind or appear in the air and possibly on a screen somewhere. Know that you spirit guide has a name. By asking for it or willing something you will get it. Use it by thinking of it and needing the spirit guide near you. You may ask the spirit guide for protection.

Spiritual empowerment; A ritual to get to the spiritual planes for more effects, is the connecting of other sources. This is required to get higher energy and some harder effects. When you want to connect to a higher spirit plane, then you draw a line from the chosen source to yourself. The source and yourself are pictures. On connecting the line, you ascend spiritually or go to the place you want in your mind. This allows you the energy of that plane of existence. Thus it allows you to get better effects due to the extra energy. What we do on the spirit planes, is up to us to tell.

Lava near the core of the planet, or the Sun is a good source. Call the Lava core energy. For a Sun, any will do. It can be selected by the subconscious and its energy gotten to you by the spirit.

To get a quick rise in energy, put some of your energy into the source. This spikes it. Be aware to realign the chakras to allow you not to pass out from the extra energy. If you do choose the lava and the core of the planet or similar, try to put some energy back by thinking it there. The lava can cool, and the energy

can be dampened. What you get put energy into the lava source, by thinking it there, you get 4 times back in energy. When putting the energy into the Sun, you get 8 times energy, because that energy self returns. When putting energy into White void, you get 5 times back. The spirit will do it for you.

Puppeteering; Some things are very precarious, even when starting them. This is where you can be puppeteering by spirit. Mainly, controlling someone by the spirit and making them do things. If discovered, there could be a drawback or bad reaction on discovery. This is done by spiritually mimicking the person and thinking them doing what you mimick. You could mimick them and be doing something different physically. When you mimick, mask yourself by thinking 'Its not me, its [whomever or whatever]' and do things elsewise.

Spiritual cloak; Spiritual cloak is an effort of willing the spirits' aid and by asking, to gathering its influence to be near and surround you like a cloak. Then, it will flow the energy and elements necessary to cause the protection of yourself. This deflects or kills demons as when fire or black fire is used to protect with. The spirit will do the necessary actions as you will it. If you barb the cloak, by thinking of spikes projecting from the spirit body. Then you add extra protection, as the spikes project the necessary energy to cause vibrational damage or effects. The spirit cloak will be effective when you find the faith in you that this will work.

Spiritual Communication; To be in spiritual communion, is to talk to a spirit or other spirits and get the response. You can create communication of psychic nature in this manner. Tell your subconscious to give you a scene image of the meeting by stating beforehand to 'Allow me to see the spirit communion'. Since you do this, use your voice to focus the mind by stating your intent. Think what you speak or think, communicates to the spirit or person's spirit. Then start the communion. Cause the spirit to send your thoughts to the others spirit, by your will. Then, make the use of a calm mind to 'hear' the spirit response. In this way, you get the benefit of making the communication of spirits possible. Imagine the meeting of the participants and allow the subconscious to fill in the action.

Spiritual conversion; An act of used spirit to convert someone to your frame of mind. On a touch or a will placed in projected energy, the aura can surge through the target on your will. This causes the person to be with a changed belief or your thoughts to be considered.

Spirit transformation; Focus your intent to transform another or make an intent to transform by thinking it. Then, touch the target. And, the spirit will change in the target. To force a form transformation, Transform the spirit in the body to that of another form. The spirit shape makes the body change to that shape, if you really need it to.

This change happens by your spirit energy transforming the spirit and that shapes the animus, the energy body. Your energy body is the energy being, that forms with enough spirit energy being concentrated. It can create powerful effects at will. You can direct it by thinking at it or projecting at it your thoughts. And, when you do this with enough personal power, you can get any effect off. The energy body does the thought you want it to do. Sometimes, it will otherwise do what it wants to do. The energy body does absorption of beings, demons and energy really well. This serves as a protection.

Spirit attack and breaking; This is a spirit weilding technique, that is used to break an effect through a point of weakness. You can call an action an effect. You can also call anything else an effect. To get this breaking effect, try to break the programming and essence of the effect you see. When you can sense the effect you see or feel, then you can think break at it and release the held energy to attack.

As you do this, a physical action may be used to accompany the needed effect. This is possible, by the action of willing or feeling the spirit shaping itself into a blade that has an atomic edge. To shoot projected energy, think it does however you want. Or, it can be shaped into an energy weapon that shoots high speed

energy projectiles. This can disrupt beings and spirits. Anything you do with spirit is permanent by this tactic.

These tactics can be used to effect something distantly. Your imagination is the limit. Whatever the cause, if you have enough personal energy, you can break the effect easily. If you gather enough ki and other spirit energy, then you can find a physical thing or object breaking.

Where delusions are, the spirit breaking technique can help by a thought of 'dissolve' with a release of enough source energy. When there's enough energy in the body, then there's a point where the body repairs itself and the delusions fade away. Its not foolproof. But, with enough built up energy, you can effect to cancel a brain problem and make it stop. Built up delusions are harder to get rid of. As, they are caused more by brainwashing. Thus, we target the brainwashing along with the mental problem.

Spirit Psi; This is where the spirit is the Psi and emulates the psi energy and creates a direct psionic effect. Meditation is the basis of this effect. This calms the mind and creates an inner awareness. Centering you and making the image of a sandy beach seem more calming. To do this trick, think your intent and make the mind relax. Snap your focus to a heightened focus, as you percieve the color of the element flare.

This is done an through the effect of unfocusing your eyes and focusing them again. Doing an intense look, on the area you want to effect with focus of the color. Their is different types of elements for each color.

Seeing brown molecules in a scrubbing motion is using earth to scrub out the disease while thinking of the disease, manipulations by intended movement or restorations by destruction or repair of objects and bodies.

Lava is reddish brown. The lava manipulator can control the emotion by inciting the pink or purple molecules, like love or hate along with other emotion. This is in most people including themselves. The liquent master can cool down or heat up lava to control the air temperature with a will to move the molecules slower. They do not get burns easily unless its not done right.

Fire is the color red, the control on fire can be able to make or unmake it at will. They can excite any fire particle of heat (red dots or tachyons) to some destructive force and little excess. This can burn you if not used carefully. Kill demons with it.

Water can come from air and other water source manipulations to get their result, they can see and breath water well enough to effect form it anywhere including in people, and dry things up by removal; See the light blue or aquamarine colored molecules and attempt to incite them by making the particles vibrate and rub together while you feel the result or think on a result you desire on a focus at the object or area.

Ice and cold can freeze or unfreeze objects at will, they excite or compress any cold particle (blue particles) for the effect. including water, fire (putting it out) or air, leaving a excess of energy.

Control air by use of neutral energy or scrubbing clear white particles to move wind and to get readings psychicly through reading a conscious of most work or universal conscious of most time, you can have omnipotency, force form barriers and air walls as in efficient barriers of air, along with support for mental control for or mental with mind. State the rule to get the effect. So think of the effect and feel it occur as you scrub clear white particles. An imagine the scene as if roleplaying as it may or may not happen. Be careful, as you excite the air particles anyone in the area can use them.

Small red particles (tachyons, active energy subparticle) are used by focusing the red particles into an area. They are in waves (lekton, gravity or light waves) manipulation and used in their interaction to form magnetic fields and control time events by speeding up the pulsing to speed time or slow down their pulsing to slow time down.

Control spirits and death by a different means. For the control, think of death particles as bone white. To cause death just incite by feel the death particle of bone white which is to rub or vibrate. And incite the particle to uncause death by

causing the vibrating death particle to stop and leave the body or see the particle rubbing together and then stop the rub by feel while the death particles leave the body. Incited spirit particles can be used by anyone in the area till unexcited by making them dissipate. You can disperse spirits by imagining their silver particles disperse to dust. You can incite the spirit of the object nearby to appear, by focusing on the object and exciting the bone white particles near the object.

For other control colors: Amber is for Sunlight and you only need to rub and intensify the amber particles. This is to get a sun effect that can liven you up. This can also cause heat in the area.

Silver white or silver gray is for Electricity, where you can generate it for yourself even in the air or a plug. Imagine the particles as sparks and intensified in the area you want electricity.

Silver is control of time by speeding it up, this is to excite the silver particles and then time speeds up. The inciting of stopping of time is making the silver particles not move. The slowing down of time is making the silver particles slowly move. To separate an area and slow, pause or speed it up, make the thought and intent of doing so, as you produce scrubbing of silver particles.

Light red is for Light energy. This can generate a warmth and a light in the area. Black or Dark brown is Darkness. Imagine the particles excited and rubbing together to intensify the darkness in the area.

Silver gray aquamarine color can stop anything. Just imagine silver gray aquamarine scrubbing together and feel the effect energy dissipate from it. This energy is what the effect produced.

Partionship; This is the sight effect of the spirit. There is two ways about this. Effecting changes in the future or past and making future, present or past changes from where you are.

The effecting changes is stating the intent and directing it with a release of energy. This is to cause the intent anytime you want and wherever you want. There is the moment of time change after directing the energy by thought or spoken directions. Time will catch up and seem different without actually changing, unless you tell your subconscious to make things obvious. Then, you can detail what changed by feel. You don't actually look into the future or past with this method and do it right, or your conscious mind might screw it up.

Then there is spirit sight, this is where there is spirit that makes a vision and is directed by the subconscious to reveal what you want to see. This spirit sight won't reveal what you don't want revealed. The spirit sight happens on a relaxed mind and with an awakened mind. This means you can easily percieve things as you find them. Then, the obvious is appearant. When you tell your subconscious to tell you what will come or give you what you want.

Then, the moment appears as a vision or is experienced by words being spoken. You tell or think the intent and the subconscious will make it. So, when you say 'show me this time and date, in this reality.' Then, you get the sight you wanted of the specified date and time in this reality. Otherwise you may see a sight of some other world or dimensional aspect.

With a relaxed mind and with beta brain patterns, you can percieve the past. With a relaxed mind and with alpha wave brain patterns, you can percieve the future. Then, there is the present sight, which is the seeing anywhere of the moment you want of the present. This is done by the moment of relaxing the mind and letting in the perception and visions from the spirit that the subconscious shows you.

Direct the subconscious by phrases or words, such as 'there' or the name of the place. All the while thinking of the place you want knowledge of. Thought provoking words can work best. The subconscious directs the spirit to make the shift to where you want to observe. When you are there, the visions are from the spirit. Then, the spirit comes back to you. You can be relaxed an by music or tensed up with energy in you to get this to work.

Spirit shifting; This is where you surge your energy and feel it shift you to

another place that you need to be. This can shift your spirit, but with enough energy you can shift your body, too. In such a case, the spirit draws the body to be where the spirit is. So, the body is a bit weak at first after a shift, but after a minute it's fine. With another higher energy source, you won't be weak at all in the body and you won't show signs of the shifting.

Forming beings; You can summon a being to act on its own to achieve the result desired. It will do the deed as long as it's reasonable to them. When you summon djinn, or fire wish givers, you can be granted any wish to which you need. Beware of their tricks. If you have enough energy, then you can summon small fey or large fey, which can do unnatural things that are natural to them. The way to do a small fey summons, is to hold your forefinger and thumb apart and imagine energy to go between them. Then feel or think thoughts to the energy mold it into a faery form. Then it is summoned to you, by the loss of some of your spirit essence. This essence helps your energy use. When you lose essence, you get weaker in ability to create effects. When you ask the fey to restore your essence, give them some energy.

To summon large fey, such as centaurs and urisks which are goatlike fey that stand on two cloven feet. You think of them appearing, and the spirit makes them think they are summoned. However, urisks are summoned at your own risk. They tend to war and they are territorial. If they respect you, you will possibly get a response that's nice. They might even do a request if you're responsible and do as you say or are respectful. Large fey can do nearly anything. Small fey can do large effects, if given enough energy. Either way, misunderstandings can be clarified by explanation. What small fey look like, are small white blobs in the air, that are sometimes with wings.

To pay them off for their services, give them sweet lemon if they don't have wings (call them seelie) and chocolate if they do or just energy. A quick way is to manifest and this is to imagine it there near them. This forms chocolate or substance particles. Whatever you give them, albeit honey, whiskey or chocolate. They drain the essence from it and that can leave it flavorless.

When you summon other beings that are ghosts, they will do things on request. You send out spirit energy. Then, you make them work with you by explanation or thoughts sent to them and feeling a unemotional need with what you say. As they do so, give them energy and they may be able to complete their task easier.

To unsummon them, try and imagine them disappearing from the area, stating or thinking 'thanks for your help' or 'that's nice of you' with some sort of emotion, if you feel the need to or if they were helpful. Just remember, if you think you don't need a reprimand, then you won't get one.

Be aware of the drow, as they are unseelie fey and the type to be antisocial. They look like dark blots detectable in the air. They may attempt to kill by suggestions or dark energy that can cause diseases or negativity. Drive them away by projecting positive energy or thoughts to them. Also, summon fey to the area and get them to drive the dark fey away. For more information on fey, go to the [Fey info & history](#).

Bridging; This is where you go and command the spirit to share yourself with another. Prepare your spirit by charging up. Then, you make a spirit bond, by thinking a bond that is somewhere with a release of energy. This lasts forever and you can bridge by wanting to be where you want. This is spiritually you doing the effect and willing yourself somewhere, using that bond energy. Then, you get the effort of following your spirit trail by tracing its path, with a command to the subconscious. Mainly state or will the intent for the subconscious to do and it will.

Treat this as the bridge of energy. Then you can mentally walk across the trail of energy, into someone's inner temple or mental room. And, you can find yourself somewhere else. A personal moment in time is to be expected, with a bit of

energy euphoria from the spirit transfer. To release a bit of personal energy for transfer will make you more euphoric. When you bridge, you can't always get back to where you came from. In fact, there's a chance the place you went would disappear.

When you focus your mind on being there, you can walk through an open door and you 'go' there where you intend. This is bridging a gap to the place, like making a sheet of paper folded. Then, punching a hole through it to form an instance of crossing to the other side. This uses the void and wormholes to make this instance happen. This punch and instance ends when you close the door, at least in your mind. When you make use of bridging, call Tengri's name by stating 'Taen-ri' and ask for guidance of doing the deed or getting the result you want. Tengri is the sky mountain God of the turks.

The effect of bridging can be done with surged energy or just enough focused mental energy. When tired enough, bridging can be done very easily. And, when you come back, you appear exactly the same time in the area and place you left, a second after you left the area. Sometimes your subconscious builds up the moments to recreate your area and activities when you don't come back. This can be the same place you came from.

Sharing is the transfer of objects and energy across a bridge to another place. This is thinking of the energy bridge and thing the intent to shift the object or energy 'there' or 'here'. This allows certain things pop up near you or energy you need to be with you and you get somewhere or you can get better results. Expect some type of machine disruption when you transfer or share things across the bridge. Sharing allows you to share everything, don't share everything unless you want to, as you might need to keep certain things for yourself. Be aware, what you share is yours till you share it and then its theirs. It will literally disappear from you. You can share any energy from the object and person.

Banishment Ritual; This effect is to cause and make an action to banish the offending being or person. Simply, use your brains and focus your mind on the pattern of the being or person. Then send energy forth, and state or think at the area 'I banish you!' While thinking of the target. When you banish yourself to shift somewhere else, then you get the result of shifting to where you intended to shift to.

Then, do a physical action to get movement done and cause vibrations that disrupt the being. This could be stating ' Ko Aum', 'Un' or 'Om'. Use pronunciation of the word to make it more effective. Or, if its a person that refuses to leave, then escort him or her out. This escorting is to be done while you think, 'leave' to him or her. This has potential to unpossess a person. There is no guarantee against demons, strong demons will make it harder for the person.

So, to dispel any demon you use fire. For strong demons, you use extra higher sources and then use fire as fire is effective against demons. Black fire is effective against all types as it uses void and mutates fire from the fire plane. This fire disintegrates the target.

Thus, a shield of fire or black fire is necessary. The fireshield is formed by imagining fire to be swirling in from above and below. To harden into a shell of fire. This fire can be black fire. But, in order to summon black fire, you imagine it there as a black flame. The elements will do as you will by influence of spirit. This is spiritual fire that is drawing the actual element. So, you can make it do anything. If a demon is in you or you think you are possessed, cause the fire to form in yourself and spread outward from yourself. Otherwise, don't allow possession and make your will force them away or send them to a hell. This last tactic will only work with enough spiritual energy gathered.

The god

The god exists by belief that he is a god. He could be any god and he is the creator that's there when incited. He is a conscious mind on a higher level, your highest self of this conscious world that can rule the spirit and he is made more capable by many minds giving it energy. What he does is subtle. The god can be cited to react by any request. It will respond to any name you give him and react to any given need. This is the consciousness of energy. What you believe is what you put into it.

To get the voice of god, called the spirit father, is to notice the actions and feel of the things around you or of you. The Spirit father is known to be peaceful but reactive to reasoning. So, keep a calm mind. As you do so, focus the mind with a spoken question at something. And, the voice is noticeable after that. This is a magic semi-conscious thought you can perceive from the item or person. It usually attempts to answer the question. This is noted in Taoism to get a religious experience. When you call on the God, he comes from the body and does things. He lives in the body and can desolve things that are not needed.

If you want to cite on the spiritual god to get an effect, which is the conscious of the spirit, we can use any name we want. Realize god has no name unless we give it one. In this case, god has many names, depending on what name we call. We get certain results with the associated aspect that we think on. This is sometimes with joy by our desire and needs being answered. Our worship is the usage of the source that is spirit and that brings life and energy to us.

We each have our free lives, up to a point by the choices we make. We follow the tenets we want to follow to get certain results. We work to have fun, and fun is the challenge or relaxation of the moment. If we have things done to us, we react according to what can be done.

When the spiritual god acts on your needs and desires, he sometimes does things by making events. His presence in these events is unnoticeable, except to work through things and people. Unless, you study the moment and detect his voice, you probably will think it's a coincidence or some other being. I believe it's a point where you get results and possible effects. This is from the efforts you do, this can bring a sense of closure and somewhat happiness without you realizing it, unless you are

aware or awakened. Then, its an aware state of enlightenment. This is when you realize that the God when called, comes from within us. He lives in us and can desolve anything that we don't need and recreate it when we need it.

The sigils:

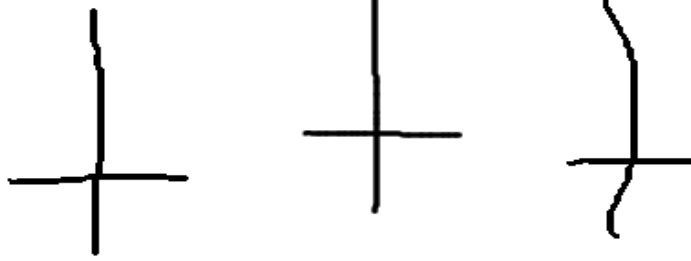
A sigil is a symbol of empowered lines that are thought to effect. For more information, try this site of [sigil usage](#). This sigil made by Jay can help cure the person or people you want effected. Even of stealing and other mental conditions. Its used by the effort of drawing it ot tracing it in the air. This is with energy being released into the sigil and from the finger or the pen. Now for the sigil. If you accept yourself after changes are done, then they might stay if you need them. If you don't need them, then they disappear. A serious minded person will do the effort, a unserious minded person won't do whats needed. Serious mindedness is what this sigil puts on people. When allowed to work. This sigil will do exactly as you say. This is a danger. Use with care and you can't misuse it.



SeCond Cheriot

This is the sigil for condition setting. This sets a condition on those used on. It can be any condition and it always ends up good. This can be used to set good conduct on those who are fixated on doing bad things. It empowers the person to be energized. The effected person also makes self-corrections and adjusts things to get things done by negative influence. The correction is always positive.

The next few sigils, are very good at getting results. This is the effect of complacency. Drawn with intent of putting energy into the sigil as you draw or carve.

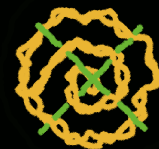


Uncross

This is the uncross, which forces ease of mind. This is with sublime feelings and intensity. This is drawn or carved, to cause complacency.



Spiritual Faith Church



Mediating

Mediation, its using meditation and thought with a spoken intent as a mantra. Doing so can draw a spirit as to use the spirit to get things. This is the effect of needing something and stating the effect you want as an intent. When you try to do this effect with meditation, you can make use of music. Music enhances the effect, if its soothing enough or you are used to it. It basically must fit your mood.

The effect of working effects is possible here. By using the mediative word and intending the effect to materialize in or away from you. You get a incidence with negative energy or conception with positive energy that seems to happen on its own. This effect is to be making you more able if you are wanting to awaken yourself and your awareness, using the mediative mantra of 'awareness' or 'awakening'. This can awaken any ability you need to be there.

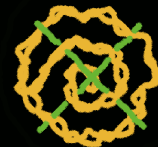
This may take several tries. So, be aware of this and don't expect things to materialize instantly or quickly. As, this depends on the amount of energy to be enough to make the materialization occur. So, do the mediation using moments of meditation every day, until the effect you want happens. This could take anywhere between 1 day to a week or month.

When you do try meditating, remember the key to mediative meditation. The subconscious will know what you need by the word or phrase you use. Thus, all you need is a single word to mean a whole phrase and effect. This word can be used as the mantra. Add an 'om' to the word and you do subconscious programming by meditation. This clears your energy as well.

The inner music and the natural music of things around you can also be used instead of externally generated music. This saves on doing unnecessary actions, that waste you energy. The necessary point in getting a magic effect by mediation, is to store up personal ki energy by doing activity. The more your doing in an activity, the more ki you have. You know you have enough, when your body glows or you feel content. Then, the change you need that create the effect will happen. This makes the effect easier to manifest.



Spiritual Faith Church



How to channel

These are the steps necessary to channel a persons spirit or any being with enough personal energy. Thanks to Mattman, Joshua, and info from other beings channelled. SH included some information as well.

Step 1. Clear your mind.

Step 2. Focus your mind on the thought of the thing to channel, stating its name to cause it to come.

Step 3. Imagine a person or state the persons name, and associate their energy.

Step 4. Let the thoughts happen.

Step 5. Imagine the heat in the air and your body heat help cause the effect and you'll think things that aren't your thoughts. At that point, all ya gotta do is type what those thoughts say.

How do I channel a being you don't even know the energy of?

The start of channeling begins with telepathy. This allows you to get to know the beings energy, even a spirit can be a being. First thing you want to do is clear your mind. You'll want to get an idea for the energy of everyone you talk to. That can be done mostly just by recognizing a face or calling their name.

Usually if you can bring an image of the person's face, call their name or general look into your mind and see the memory of it, you can summon them by the associated energy. Then chat with them by imagining a scene in your mind that the subconscious fills in by their thought and your thought. This is done as the third eye does what it needs to. Things will seem to pop up in mind and be known. Then its easier after that. Just remember, calm mind more results.

Due note: Try not to channel demons or dark entities. They could possess you or make life miserable. Even if you channel, you can draw dark beings to you. So cleanse yourself after. Saying as you gather energy and release, 'ahm', 'om' or 'aum' makes the beings and demons disperse.

If one who channels desires to know if they have channeled the correct entity, here is a simple technique for finding the truth. when you have pulled someone in for channeling, be mindful of the intent of truth revealed, and thrice ask the spirit "Are you the one with which I desire to speak?" three times, ask this, with no change in the words you say, nor the intent you speak, which is for revelation of truth, and thrice listen closely to the answer. If said spirit is one of truth, he will answer truthfully and consistently all three times.

If inconsistency manifest, whether by tone of voice or by truth of answer, such spirit is not as noble as intent had hoped, at which point one would dispel said dishonest spirit by thrice invocation of the words "Dispel from me the channel which manifested against me." Done with the intent of pushing out anything which is not desired. Thrice invoked will push it out of you. if you feel a release as you invoke, it has been manifested.

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Shamanism in general

This is my general idea of shamanism, as I experienced it. Shamanism is basically an act of communion or communication with the spirits to achieve an action desired. The act of shamanism is attuned through stones and mental disciplines. Now while visualization of the event happens. The end result is the thanking of the spirits by thought or expressed idea and the result desired to be achieved. Sha means sharing or shared and man is mankind. Shamanism came from the active chieftain named dezoike, to aid a desperate robber who ran across the tribe of indians in queblo. They, the tribe, asked the chief to aid him, and the chief allowed and sacrificed some gold along with a small bit of hair and asked the god of their tribe for knowledge. An answer was the direct art of shamanism in a ritual, all that was required was to contact the spirit of the one who he murdered and triumphed over, to get away. The spirit was

appeased, then banished to the hells of sheol. As a reward, the person was forgiven and allowed to leave safely.

Explained in metaphysics term, the rules of mind over matter and affinity of objects can apply to this field. To call the spirits attention is through the affinity of the mind being with the charge of spirit energy. The asking is making with mind over matter, through the use of focus with the mind while speaking to the spirits.

The use of stones is optional to the work of the act in the mind of shamanism. When one wants to end the rite of spiritual communion one can say or think, "thanks to you spirits of aid." Another base act of shamanism is to focus through stones to make what you visualized happen in sequence through the power of the readied gemstone.

Each gemstone has natural properties that one taps into. When one wishes to use it in a magical effect. Keep in mind the natural stone properties. The gemstones properties are described [here](#).

A gemstone charged by you is by wearing it or keeping it near you for at most 5 days. This will enact the occurrence of the materialized effect or act imagined. The vibrations of thought from yourself will do this act by yourself focusing through the gemstone. This is with your pushing thoughts off or dismissing them and making the gemstone picking up your thoughts.

The idea expressed will achieve the act of imagination. This is through affinity of energy and using the natural properties of the gemstone. If one holds the stone while focusing your visualized thoughts. The stone will cause the act to inevitably occur. In the act of shamanism you can use the stone for ensuring you won't be destroyed by some element or spirit. Success of some action is done to help the effect. Without the stone, this is to channel the spirit through you or another object by touch and thought. With the stone, you can use the spirits aid as a channel.

Alcohol and other stuff affects the mind based actions but not shamanistic stuff. If you get into the right mood, it actually can help. If you use the magical passes for shamanistic actions, it goes much more effective. The connection here is nothing specific. Actually its nothing about mind. Its spiritual, as in a mood when you don't actually think of nothing, so it happens easier. But, still having a connection with something divine, this connection counts as awareness with knowing but not thinking of it. So, having the spirits do the deed is similar.

This is based off metaphysics with the above as evidence. To learn more about metaphysics, try to [read this](#).

The seer idea

The seer idea is sometime how the shaman and the seer can perceive their idea. For the seers idea, there's a shamanistic and normal view as it's the seeing of an idea, and it comes to fruition. The normal seeing, isn't without its flaws, but it can lead to directly viewing a scene. By focusing in on an idea you want to know about, relaxing the mind and either thinking or letting a vision of what you want to see come to you. Now, the shamanistic view is similar. It's not symbolical. The new seers' views are directly based on what they 'see'. As in, the person can see a hole as it indicates limits. Where they can see the 'hole' at the people's who have children, in the stomach point (aurally). At the ancient days, Old Shamans were drawing what they see in other realms on walls, tablets, stones.

Some have seen a realm, not astrally, where djinni totally looked like Egyptian gods and Aztec/Mayan priests, who have masks as you may know. There was the exact architecture of Mayan culture; motives, walls-drawings, not like hieroglyphs). Even the portal to this realm had the same architecture style. The only thing popped up telepathically in their mind was the Old Shamans' aspects on those realms. They claimed that those Djinns were Gods, directly copied the construction style and et al.

Symbolism is the way of Old Shamans. Since the Spanish Conquerors invaded their lands, a great amount of those shamans died; because they were active in social issues and on ruling. A really few managed to survive and they developed the 'sight-based' magic. This is not astral sight. It's totally physical.

Also, there's a different take on Shamanism, however, so see if you agree. Where the idea is to think the whole shamanic system is symbolic, and that's the fundamental characteristic of shamanism, not just for the Old shamans. Yes, to those who believe in shamanism, it's not astral, it's not physical, it works on a different level, it's all symbolic, and that's not bad or good, it's just how it is, that's the level it works on, so may it represent all of reality through symbols.

Where there is no real hole in these people, not on physical, not on astral, not on any actual level, the hole that is seen by shamans is a specific symbolic hole that means that they gave something up, gave up a part of themselves to create their child.

So once again, the hole is a symbolic representation of the fact that they gave up a piece of themselves to create a child. It's some Shamanistic act of the moment in shamanistic view. Where 'no one has an actual hole, it's the manifestation of seeing to your understanding, rather than defining those people with that symbolic expression.

Seeing and other actions of the Shaman, take a certain amount of power. The higher the Seer/Shaman's vibration, the more power they have and the more vision that is possible. As, to Shamans, the energy from our actions go to the place they call The Dark Sea Of Awareness. And those energies are retrievable from that place with a special technique. To them, if you want to get the energy back, you need to remove the remembrance of the action from your energy field and replace it with the power of this action from the Dark Sea Of Awareness with some magical breath techniques while re-living the action without missing any part of it in your imagination. Breath techniques are described [here](#).

Which, brings us to what can heighten the awareness and allow better seeing. The eating of meat can effect the visions you may have. As, you might have noticed that especially if you don't eat meat, it's more effective. Also on that 'eating meat lowers vibrations' theory, it's because of the lowered vibrations created from abusing animals before slaughter etc. Some have become vegetarian for 1 month and noticed their vibrations raised a lot, world was 'brighter' in vibration terms, like the feeling of being near high-quality orgonite or enlightenment. Using orgonite, can also raise your vision of the things you want to see. Just google 'orgonite' for how to make it.

What else can heighten the vision we may have? When we are in 'higher awareness' from doing these things like fasting, vegetarianism and other things. Where, some of it comes from the discipline and some from the energies themselves. It's more difficult to seek out energy so an easier way is to make it so any energy that is sent your way is warmly received and integrated. We can do that with these ways of being.

Also, using Salvia heightens your power and vibrations, to allow easier seeing. Even as you do the drug by smoking or chewing the leaf. And its effects can last after its use, as it keeps them slightly raised afterward. It's said it's also helpful for health with some distinct usages. But, getting high and getting drunk lowers the vibrations too; but for pot, pot is the gateway drug and raises them for half an hour or less but then when its effect passes away, it lowers them more than the current state before smoking. For more information on pot, look [here](#).

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Shamanistic conscious

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Part 1

This is further information, on the shamanism idea and the shamanism conscious. Shamanistic belief is sometimes a conscious interpretation at its core and this is what makes their belief, as to allow shamans to understand what they see. This is going to take a moment to talk about Shamanism conscious. At its core, a shaman is the oldest known type of conscious magical practitioner. In order to become a shaman, in days before consciousness was more thoroughly explored, a tribesman would have to undergo a near death transformation and return with messages from the other side of the veil as well as an ability to speak with the dead.

As many ancient cultures revered their ancestors and even asked them for help and guidance, the Shaman would be used as a mediator between the spirits of the dead and the living. As time went on, cultures merged, and safer methods of developing a shaman consciousness were discovered. Let's take a moment to discover what some shamanistic beliefs are, and how you can use these tools to help you every day.

Cultures with a strong tradition of shamanism believe that spirits, both good and evil, are interacting with us every day. Some are working to improve our lives by imparting us with good luck, moments of inspiration, secret insight into situations, and occasional bursts of energy and focus that allow us to do good in the world. Likewise, evil spirits are working against us, making us sick, chronically weak, and giving us a generalized

sense of unease in certain places and situations. The shaman detects the presence of spirits and beseeches the help of good ones, while banishing the evil.

Before advanced techniques of meditation, and before there was such a thing as brainwave entrainment therapy, the mental state of openness to the other side was very difficult to observe. Those attempting to acquire shaman consciousness should be warned that the painful process is beyond what most today are capable of enduring. And why endure such suffering when the mental state of the shaman is scientifically studied? If Shamanism is something that interests you, be sure to read these excerpts of the Shamanism entrainment therapy page at <http://www.store.unexplainable.net/products/shaman.php>.

"These magical men, chosen by their spiritual ancestors, would commune with the dead to act as mediators between the world of the living and the unknown world beyond the veil. Those who were on the brink of death were often taken to the Shaman of their village, so the holy man could barter a deal with the dead and gain right to remain on behalf of the sick. The shaman is seen by followers as bearing some characteristics to specific totem animals, such as the Amazonian Jaguar. The Jaguar can swim, climb trees, and move freely on land just as the soul of the shaman. Shamans travel up and down the allegorical 'Shaman Tree' of the three worlds, from the land of the underworld to the normal day-to-day real world and finally the higher plane.

Those who practice shamanism find it easier to maintain communication with the spirit world, eventually seeing guides with their third eye and even communicating with spirits that can communicate back without even going into a trance. Imagine a world where communication with the dead is possible. What could we discover about others, and even ourselves? What treasures of knowledge await us if we can just pierce the veil between our world and the world beyond? What wisdom could you wield? The spiritual realm is a mysterious place that mere words could not even begin to describe. Those who dare venture into it for counsel are never disappointed by the sheer number of spirits that they can communicate with.

Unfortunately, the shamans of long ago were unable to reach a state of consciousness allowing spirit communication without engaging in a number of dangerous activities that led several aspiring shamans to become forever injured mentally, or even die. Luckily current methods are far safer, so you can realize your true calling without damaging your psyche any more than a night of restful sleep. The old days of painful rituals, hallucinogenic drugs, sleep deprivation, starvation, dehydration, sweat lodges, and dangerous journeys sending the participant to

the brink of death are over. Now you can safely unlock your true shamanism without the psychological and physical danger with these recordings. Simply press play and you're on your way!

How Does It Work?

Binaural Beats- Sine wave generators are used to create two separate frequency waves which are introduced to each ear independently. The brain reacts by creating a third tone, making up the difference between the two. The brain instantly reacts to these frequencies causing a Shift In Consciousness.

Monaural Beats- This technology uses two tones of equal intensity which result in a crisp and clean sound. Unlike Binaural Beats, Monaural Beats are easier on your brain because there is no need to balance the tones and your mind does not need adjusting time. Monaural Beats use a single tone that pulses on and off in specific patterns, which is tuned specifically for the frequencies that produce the desired effect.

Isochronic Tones- If you are looking for the most effective type of brainwave entrainment, Isochronic Tones are the way to go. Isochronic Tones also use equal intensity tones, but the pulse speed is greater, causing the brain to synchronize with the rhythm. In 1999, Thomas Budzynski Ph.D. published a case in the Journal of Neurotherapy which showed that a group of 8 college students increased their GPA with the use of audio brainwave stimulation, and their GPA continued to increase even after the brainwave entrainment was finished...

Delta, the state of mind we achieve when in a deep sleep, is just below the level Shaman consciousness is unlocked. Normally when you are near the state of shaman consciousness, you're unconscious and dreaming, so you can't understand or appreciate what's going on truly. Often dangerous rituals were implemented to induce this state in shaman students, but no more. Our unique recordings naturally take you to the Low Theta range required so you can reach the area of your mind associated with astral travel, intuition, and spiritual awareness without losing the experience due to sleep.

These Recordings gotten [here](#) are designed to bring your mind directly to the Low Theta state without the need for any practice or other influences."

Those hoping to communicate with the other side should

practice focus and protection first. As you attempt to see your surroundings, remain calm and imagine a bright blue or white circle surrounding you. Focus your imagination in a way that says that nothing from the other side can enter the circle without your permission. If you find a magical incantation that reinforces your ability to focus your energy on the circle of protection, feel free to whisper it to yourself. Some people find this communication is better by themselves, while others like the presence of others who will take it seriously. If those in the room are in harmony, they may be able to observe the circle with their third eye. The third eye is the name of our ability to understand the position and general appearance of objects in the spiritual realm. In this realm, everything works as a symbol that is interpreted through the subconscious into a series of images the viewer can understand. Often shamans will see images from their own mystical traditions (angels, demons, Egyptian gods and goddesses, figures from mythology, etc.) and find this confusing.

This is because all energy is interpreted through the lens of our own beliefs. As you practice, you may be able to even shift your paradigm of belief (if you choose to) and pick up on useful or important symbols you would have missed with a different lens. Of course that would be up to you.

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Part 2

After a brief discussion of Shamanistic culture, and the basics of Shamanistic principles, it's time to discuss the potential avenues for spiritual communication. There are several different means of divination, and contacting of the other side. A common misconception is that spiritual communication can only take place through traditional ritualistic means, but this is simply not the case. A shaman essentially finds communication out of chaos.

Forms of divination throughout history have spanned from direct perceived conversation, in which the shaman "hears" the voices of the other side and speaks back to them verbally to the reading of tea leaves. Does a ghost come down from the other side and physically move the tea leaves knowing you'll be able to interpret them to divine your future? One interpretation says yes. Another would say the spirit communicates with the mind rather than the tea leaves. The communication occurs when we allow ourselves to see the signs rather than depend on the

mathematical nature of rituals.

While some can use everything from the voices they hear coming out of crowds, to the arrangement of gumballs in a machine to help them interpret signals from the other side, others find it's important to be able to turn these impulses "on and off." Ritual serves an important divider between the concrete every day world and the world of many fold truths the entranced shaman sees. Ritual can be everything from a simplistic listening for whispers in moving grass on the wind after saying "talk to me, spirits," to interpreting shamanistic visions gained through the implementation of our binaural entrainment therapy. Shaman Consciousness Entrainment therapy is an incredibly useful tool for just this sort of mentality, as it helps focus brainwaves in the exact way required.

Let's take a look at one of the most common and controversial devices used for spiritual communication. What makes a piece of cardboard with a plastic cursor a dangerous tool? Is it the mystical symbolism emblazoned all over it? Of course not. Often the symbols on commercial Ouija boards aren't even remotely mystical in the traditional sense. The reason the Ouija board is a powerful, and potentially dangerous tool, is because of the consciousness it creates. By moving your hands across the board, you are using the board as a symbolic gateway to the other side. This gateway could be dangerous, depending on what you let through.

If you wish, you can create a symbolic token that will keep the evil from the other side from coming through. It can be anything from a favorite stuffed animal from your childhood to a magic crystal or even a sign bearing the words "No Evil Entities Allowed." It may border on comical, but the truth of the matter is, it's all in intention and symbol. If you do not wish to be bothered by the negative side, intend on evil not passing through. Absolutely you should focus your shaman consciousness before using such a device.

And if you must use a Ouija board, try to keep in mind it's a divination for two people. So don't go into it with someone who has not likewise become in tune with methods of spiritual communication.

Another thing to keep in mind when contacting the other side is this: when you intend to communicate, you narrow down your targets for communication before you strike up a conversation. Social venues are often divided up so like-minded people will congregate. By setting criteria ahead of time, you are far more likely to have a safe communication experience. And this goes for all forms of divination. There are entities you won't want to talk to out there, and others you likely will.

With this in mind, it's easy to understand why people have attached such a negative connotation to mass produced objects such as the Ouija board. Should the average uninitiated person use it? Absolutely not. The potential for negative forces to intervene is far too great. Could it be a useful tool for those who know how to, and have their minds focused the right way? Undoubtedly yes. Some get quite the entertainment from its use.

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Part 3

Since we've discussed ways of communicating with the other side through the Ouija board safely, let's take a look at the more advanced forms of spiritual communication such as would be seen on a ghost hunt. Though some people have attained a higher level of Shaman consciousness, or "psychic ability" as it's commonly called, it's important to understand that this potential exists within us all. Ancient cultures commonly describe shamans as those who have broken down a mental barrier, rather than a genetic aberration or super power. This is evidence of the fact that every single person on Earth has the potential to open up communication with the other side.

As with many other factors in the subject of spiritual communication, safety is key. Having said that, it's important to understand that you have the power to end communication, close gateways, and send consciousness forms or "ghosts" back to where they came from. This form of shamanism is extraordinarily complex and could fill volumes of books, yet its basic tenets are as simple as the human imagination. It all begins with inner peace. Find the quiet peaceful contentedness in yourself and you will attract spirits who are attracted to this peace. It's important to first focus your mind on how relaxed you are through breathing exercises, being in the presence of positive loving individuals who are spiritually conscious, or through personal ritual means. Make yourself comfortable. Don't be afraid of your environment, and don't be afraid of the entities you are communicating with.

Let's take a quick look at the "Never do's" we were talking about before in being a medium. First, never give an entity permission to symbolically take control of your environment or any part of yourself. You'll see and hear about other mediums doing this, but it's a quick way for a situation to get out of

hand. Second, be aware of what entities ask of you. If they start telling you to do things that seem strange or suspicious, don't oblige them. Transparency and honesty is key. If you suspect something strange, ask the question "Who do you serve?" Several age old traditions suggest that this phrase will elicit an honest response from an otherwise deceptive entity. Refuse to communicate with anything that seems to wish to enter a contest of some form or another with you.

When communicating there are two methods. There is a method of mediumship in which you make contact with a "spirit guide" and one where you directly communicate with the entities you are studying.

The first method requires meditation until you "connect" with an entity. Spirit guides can be ancestors, friendly strangers, and/or a thought-consciousness your own mind has sprung into existence. In other words, a spirit guide is quite often merely created by your personality. One thing that's important is that a spirit guide is always the same, and always attempting to help, even if it's by saying "I'm not going to help you talk to something dangerous." Spirit guides are also helpful for novices because they act as an intermediary between the Shaman and the things they are investigating.

The second method is merely speaking with the entities yourself. Psychics rarely have serious problems with this method, but it's still not recommended for novices since it can be troubling at times. First of all, it's important to build a symbolic "on/off" switch for communication. Hold your hand a specific way when communicating, or designate a totem object such as a pocket watch or a specific crystal or quill, or merely designate your mind in an open/receptive state. Of course the physical totem is merely a physical symbol for yourself and others to understand when you're communicating and when no entities are allowed through. Then, while you're in a receptive state try to detect thoughts and words that are coming from somewhere outside of yourself. Soon thoughts will turn into conversations, and you will (with enough practice and some level of mental discipline) be able to pull thoughts from the place beyond your own consciousness. At this point you are sensing with your "third eye," which isn't really an eye so much as a window through which all senses can understand the other side.

And most importantly, in the rare event that things get weird or too intense, don't press on. Close your third eye, leave the location, and don't return for a while. Uncommon as they are, there are negative energies out there you don't want to interact with. The Shaman can use his or her own powers to protect themselves and others from these energies. If you find it difficult to stop viewing the other side, do something mundane

to take your mind off of the situation. Things connected to everyday life effectively "ground" you, and get you back into a state of the physical world. I'm spending a lot of time dealing with potential problems, but the standard session should be friendly and free of negative interaction. The warnings and defense techniques are for the other one percent of interactions.

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Part 4

After our discussion on mediumship, you likely know that Shamanism and communication with the other side isn't something to be toyed with, but something that should be taken seriously. Those who have had great success with this art have done so by traveling a careful path of peace. Think of the consciousness as a pool of water. If it is rippling and murky, the shaman will only see themselves reflected on its surface. If it is, however, clear and tranquil they will be able to look into another world.

But many mediums are asked to do away with presences that are not friendly, or are even harmful to the environment and the consciousness of the people who reside in them. These exorcisms, at an advanced degree can eventually be done with a single thought by the shaman. The simple act of asking an entity to leave is often enough, but if this has failed there are other ways. The medium can use their consciousness as a tool to guide entities away. All entities, even hostile ones should be dealt with using great care and consideration. Evil doesn't destroy evil in this case. Malicious intent doesn't dispel malicious entities. Balance in your consciousness the concept of good, strength, love, and power. Not power for the purpose of self progression, but another sort of strength we feel coming from within the heart. It is the emotion we feel when we suddenly have an immutable desire to help others, or when we wish to protect those we love. It is this inner power that the Shaman must use in the face of great adversity.

There is no shortage of tools designed to help you find this inner tranquility, but one of those I most highly recommend is music, which is specially designed to help you discover this inner well of strength at times like these and put you in contact with the other side.

When you're in touch with this side of yourself through

meditation or mediation, you must find a way to channel this energy. We talked about visualization last newsletter, and I can't stress how important this aspect is. In films we see conflicts between the forces of light and darkness as bolts of energy and spells brought about by magical cantrips. The secret to magical influence is similar, but happens on a different plane of existence. You can focus your energy as a tether to push negativity away, but you must visualize it first. This visualization is a powerful force that works on several different levels. The psychological conscious level brings about a great change in your attitudes and the attitudes of those around you when you can finally enter dark places with the careful responsible confidence required to defend yourself. Shamans of many mystical traditions hold that these beings of energy, even if somehow given physical form are bound by the same laws as those of ghosts and spirits. Banish them from your presence if you must and they will be gone.

Let's take a look at a few visualizations that will take you farther along. Only use these, however, when no other options exist and never seek out negativity to use them on. The following are merely symbols, but they are effective and have worked for many mediums. These symbols are just like any others and are based on focus. They are not based in any religion. Religious symbols you are comfortable with can be implemented into your arsenal as well, and may even take precedence over these if you feel more power with them.

When confronted by something you fear might be evil or harmful, focus a bubble-like shield around yourself. This is a barrier built of your own consciousness. You won't be able to see it or feel it, but you'll sense it with your third eye. Focus on it following you or whoever you wish to protect. You can set the barrier to filter out evil entities. Tell any others who are involved what you are doing, as it won't work if they aren't likewise focusing on it. Of course they have to be willing as well. This shield will hold up as long as those visualizing it have the peace of mind required to visualize it. Know that nothing can pass through this shield unless you give it permission to. Then, don't give it permission. The shield is a powerful tool that can be expanded from the surface of your body and encompass everything in your environment you have the ability to focus on.

When something seems to be lurking in the darkness outside of your ability to see it, visualize a spectral watchdog searching the area. This visualization will have no real ability aside from those you grant it through the power of your mind and heart. Imagine it honing in on the source of your anxiety, then study the entity you believe to be causing it. Oftentimes you will find that there is nothing there, and that you're merely worried about normal sounds in the darkness, but if you find something remember

your shield and 'vanish' the watchdog. You won't need it once you know what's there.

Communication is an important way of dealing with energetic creatures. Occasionally, however, you'll find something that isn't receptive to your positive intentions. Any entities you encounter, you should attempt to "feel" at by trying to focus your positive emotions on. Don't hate or fear them, as these are feeding negativity. In a way we're all responsible to some degree for negative spiritual energy. First, let it know you're different. You're not like others who will be intimidated by it. This will often be enough to "starve" the negativity out of it. Either it will gradually become better, if there is good within it, or it will vanish. Visualize a small amount of positive blue energy from a source of goodness moving towards the "entity." How does it react? Does it feel fear? Does it respond with anger? If this doesn't make the entity warm up to the idea of leaving you and others alone, move on to the next step.

Occasionally it will be required that you ask an entity to leave. If it refuses, you may have a problem. Heroes of legend would often use trickery to lure monsters to a place where they no longer could harm others. If the entity haunts one room, focus a different colored bubble around the room and shrink it, taking with it the negative entity while letting positive forces pass through it without harm. As the bubble shrinks, it should be focused on a physical object. If the entity decides to alter itself to be more positive, it will be able to leave. If not, it will be forced to remain trapped within the bubble. Move the bubble to a safe location, like in a small box. Bury the box or keep it. Don't open it. It would be wise to seal it somehow. If the box idea doesn't work for you, imagine a white room somewhere very far away or on another plane of existence. Transport the bubble with the entity in it there. It will not bother you again unless you want it to.

Cleansing is an important aspect of this too, as it allows for you to positively seal any sources of negativity. Cleanse the location, but even more importantly cleanse your minds as well. Think more positively and don't let negativity be a driving force in your life.

A word on responsibility: These are serious concepts we're dealing with. If you don't want this type of interaction, don't have it. Remember the tools should you ever need them, but don't describe yourself as a medium to others unless you want it to be a real and ever-present part of your life. Sometimes the greatest advantage we have in a situation is one no one is aware of but ourselves. Spirituality and psychology are different, but they're intimately entangled. You can't have demons in one without the other. Practice responsibility and over all else be

safe.

Have a safe and enlightened journey!

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Spirit Guide Contact

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Section 1

Now that we've covered channeling, let's take a look at the concept of spirit guides. Spirit guides, in particular, are a part of shamans consciences and witches consciences. This is where a spirit guide is an entity from beyond the corporeal world that you make contact with directly within your mind to help you on your travels both within the spiritual realm as well as through life's vast wealth of experiences. The mind is a powerful tool not only for its deductive capabilities, but also for its ability to communicate with things that exist beyond the periphery of the five senses. One of the most important communications a human being can have with the other side is the relationship one creates with the spirit guide.

Spirit guides can be perceived in many forms, including an ancestor, a departed companion, a mythological or fictionalized figure, or even a mysterious spectral entity of undefined or

shifting form. It is a representation of your own intentions as you progress through life. The constant in the case of a shifting spirit guide is one of feeling, and an unspoken yet immutable understanding that they are the one. Some of the most confusing and vexing aspects of spiritual communication can be circumvented entirely with the assistance of a loyal and adept spirit guide. It is supposed to be an image that brings comfort, but also bears great wisdom.

The first step of communication with the spirit guide is to put yourself in a positive relaxed state. In order to get into a positive state, your mind will be moving in a direction similar to the one we visited with channeling, but different as it focuses on directing thoughts toward the inner spiritual plane rather than the external. Entrainment therapy has been designed specially to focus your brainwave patterns to develop your mind in exactly the way it needs to go.

The spirit guide comes as much from the self as it does the external spiritual world, and is largely a fusion of the two. Try to remember a dream where a positive force or entity helped you out, or revealed something you found later to be important. Think about what that entity looked like, and how they acted. Were they human? What qualities did they possess? If you cannot get a firm grasp on what the spirit guide was like, it may still be easier than you think to make contact with them as long as you draw your experience from the positive warm aspects of your personality and clear your mind of any negative or anxious thoughts.

When you have a conception of who or what you think your spirit guide may be, you can begin the process of making contact with it. Keep in mind that the spirit guide has always been there guiding you in one form or another, and what you're looking for is direct contact with it in a way that opens a direct and honest dialogue rather than fleeting moments and glimpses of conscience or inspiration. The second step in this process is to put yourself in a relaxed state where you are open and simply allow the spirit guide to communicate with you in a way that you can see and/or hear with your third eye. Keep in mind the spirit guide is only there to help you make decisions, and will guide you in a direction of wisdom with suggestions that can at times seem vague or distant. If this is the case, don't worry, the decision making process is always yours, and you are merely taking suggestions from the spiritual persona that comes from your own experiences.

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Section 2

Now that we've covered the basics of what a spirit guide is, let's touch on exactly what it can and can't do. Unfortunately there are a lot of misconceptions about this subject. Think of a spirit guide as an astral entity that can at once guide you through your life journey, yet is an integral part of your consciousness. It is a cross section of your personality that has been shed off the greater whole.

It cannot provide you any new information you would not be able to discern yourself using your wits as well as your peripheral psychic energy. It will come to the same conclusions you would in your wiser moments and ultimately leave the choice to you. Highly random events, such as winning lottery numbers are just as beyond its scope of ability as your own. You cannot expect it to understand complex concepts or mathematical algorithms that would be beyond your own.

It is, however, the embodiment of our own drive for success, spiritual fulfillment, generalized happiness, or whatever goal you have in this life. Be without a goal in mind and it will be as shapeless and confused as that drive. Decide on a clear result you want from your actions, and it will grant you wisdom in a way only you can fully appreciate. The spirit guide is as much an internal force as an external one as memories are just as internal as they are a recalling of the outside world. One of the aspects we cover in our entrainment therapy is the ability to recall these spiritual pathways and help you get into a mindset where the spirit guide is not only a companion, but tapped directly into your own subconscious mind so it can give you the most efficient images possible.

The spirit guide also, however, has a personality of its own. This can be a representation of your fears, your desires, or your general understanding of the world around you. As you change so will it.

What does the voice deep within you say you want out of life? What things do you think of shortly before going to sleep? Are you plagued by petty rivalries or financial problems that in the end only serve to hold you back? The spirit guide understands these apprehensions intimately in ways you are unable to due to your connection to the outside world. Our minds can only interpret the world around us as a series of symbols. The spirit guide is in itself a symbol that interfaces directly with the world.

Once you have a direction, your spirit guide will help you

traverse the treacherous path on your way to success. It is a constant reminder, not only when you want it but when you feel like you need it. The symbolic creation of a spirit guide is a powerful tool anyone can use. Even in mythology the hero is always shown a guide who imparts him or her with wisdom they may have known deep down to be true, but nonetheless need an external source for because of their own shortcomings. The spirit guide is a useful tool that has been called upon since the dawn of mankind. It is as deeply entangled with the human experience as any other spiritual aspect.

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Section 3

I'd like to take a look at how to communicate with your spirit guide. First, it's important to understand that these entities are (as we've established) a part of you. The dedicated part of your mind that filters out your consciousness and the deeper understanding of the world around you is required for applicable purposes of day to day living and a world filled with symbols. Once you've made contact with the spirit guide, however, you can begin to understand different avenues of communication with this helpful guide.

First, dreams are a very important place for spiritual communication to take place. When you sleep your mind enters a state where communication of all parts of the consciousness takes place. Often the dreams are nonsensical or deeply symbolic. Your spirit guide's presence in a dream, however, is something important to keep an eye on. If you see them while dreaming, pay careful attention to what they say and you'll soon be one step closer to understanding the path you must take. The entrainment therapy helps with this communication with the spirit guide in a sleeping state as well. Just listen to the therapy sessions shortly before going to sleep.

While dreams may be the most guaranteed place to see the spirit guide, many people don't remember their dreams and that makes this level of communication difficult. For these people, it may behoove them to examine the possibility of deep meditation initiating guided spirit journeys. Sit in a comfortable meditative position and imagine yourself traveling to a world created in the image of your current state of mind. Open your mind up to possibilities and allow images to come naturally to you. Your spirit guide will appear, and you can communicate with him/her

then.

A third method is with the "third eye" method. When we were talking about Shamanism, I mentioned the third eye, and its ability to discover things outside of the normal five senses that our mind perceived. With the third eye, you can make contact with your spirit guide and communicate with them. There's no need to talk aloud during these encounters, as the spirit guide can read your thoughts and communicate directly with them. This final method is the most advanced and useful, as the spirit guide will be able to appear to you during times when you need it to. Trust your spirit guide and open your mind to the concept of it showing up to help you when you need it. Then, you will gain the most benefit from your relationship with it. The most important thing is to listen to it.

The less you listen to it the less your mind will see it as a tool for spiritual development and attempt to make contact. For every success the spirit has, however, in helping you along your journey, there will be more and more connections tying you to it. Though you'll always have a relationship with your spirit guide, even long before you make mental contact with it, you can always cut yourself off from it if you don't want it to be part of your life simply by symbolically telling it to leave you alone for a while. Of course this isn't recommended, as the spirit guide is an integral part of our lives whether it manifests as a spiritual entity or guides us through a series of "gut feelings," or intuition.

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Section 4

I'd like to wrap up our spirit guide manual with a list of important and commonly asked questions about the subject. The spirit guide is a powerful innate tool we all have, but it's important to take into consideration exactly what we mean by spirit guide to ensure you are in direct communication with your true inner self.

Q: Is a spirit guide an internal force or an external one?

A: In order to answer this question, we must first address the concept of the internal vs. external universe. Have you ever had a dream about something and had it come true? Have you ever read someone's thoughts when they were not even around?

Psychic ability is just one demonstrable example of a force of nature and consciousness that blurs the line between the subjective internal reality of consciousness and the external objective and quantifiable reality of the world around us. The Spirit guide is a subconscious link between the two that can manifest information that is both internally quantifiable, and a limited amount of information that is externally quantifiable.

Q: What is the difference between a spirit guide and a "helpful ghost?"

A: Some people like to leave subjects such as this as undefined, and say it doesn't matter, but we believe it does. The spirit guide as it is defined in our entrainment system is inherently internal, and helps those who need help defining those things in life that aren't always obvious. The spirit guide is a force of internal understanding that will provide advice that is true to your greater goals in life, or help you acquire knowledge regarding them. A "ghost" is an external force and a consciousness beyond your own that may attempt to make contact with you, but will only be able to provide insight based on its own experiences. Also, a spirit guide will never attempt to advise you in a way that is not beneficial to you reaching your ultimate "bliss" or "true will."

Q: How do I know when I'm speaking to a spirit guide, as opposed to merely a compartmentalized area of my own consciousness or a "helpful ghost?"

A: That's where the entrainment therapy comes in. The conscious mind is filled with "faux" spirit guides who will sound helpful, but will ultimately not be as wise as the deepest spiritual sectors of your soul or "heart." The conscious mind is constantly blocking these impulses with short term gains in mind, but unfortunately it's difficult to get a hold of the long-term consciousness transformation required to truly make this beneficial. Fortunately, studies have shown that the spiritual mindset is largely manifest when the mind enters a very specific Mid-Theta frequency where the external world becomes strongly blocked off, and the focus of the mind naturally moves within the subject. Trying to map out the brain with visual foci is like trying to map the exact location of Earth relative to Mars with a stop watch. They are largely incompatible, which means it's difficult to describe exactly. What we do know, however, is that this specific Mid-Theta mental frequency is precisely where people go when they are engaged in ancient rituals (with universal regularity, regardless of cultural background) where they make contact with their spirit guide. It has been shown with such consistency, that when the entrainment therapy is utilized, the mind naturally moves to this position and opens you up for internal contact with the spirit guide. Psychics who report

contact with ghosts, on the other hand, use a vastly different frequency to tune in to the external forces. This is why entrainment therapy is perfect for making contact with your spirit guide.

Q: Is there anything else I should do to make sure I maintain a relationship with my spirit guide?

A: Initial contact and introduction of the images and words of the spirit guide into the consciousness is an important and deeply spiritual ancient practice that only recently has been perfected to the degree that it has. Surprisingly very little ritual has been found to be necessary in order to contact the spirit guide when using entrainment therapy. Simply sit in a comfortable position, or lay down if that is preferable, and listen with a contented heart and open mind. The entrainment therapy will do the rest. When you see the spirit guide, open up a dialogue with it about whatever you feel is important. After you have done this a few times your mind will recognize your spirit guide's presence and you will be able to make contact on your own, though it's always helpful to utilize the recordings every now and again.

Thank you for taking the time to take a look at our Shamanic Manual. Have a safe and enlightened journey!

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Arranged by Skyhawk
Shamanism in general by Skyhawk
The seer idea by Libby.and Others
The Shamanistic conscious & Spirit guide
contact is by Jim McElwee

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Fey history

Fey are energy form humans that are separated into groups of demi-humans who long ago found themselves in a cave that they stayed in. How they formed was through the cave energy source, they absorbed a lot of the power in themselves to turn into energy beings by absorption, but some became deformed, smaller, or slightly cruel. They were pure energy ever since able to take form in any manner. The fey broke into families that are ruler sidh, dark faery, gray fey, light fairy, tuatha de danann, kitsune, oger, dwarves, hobbits, faerys and wild fey. To control a fey, use the lilac perfume in the area and possibly in an aerator as the best lilac perfume is lilac essential oil.

Amongst the fey are the seelie and unseelie courts. Where seelie are the positive, noble, and helpful fey, also considered fairy. Unseelie are the malign, harmful, and often downright cruel fey, also considered faery. These are just human perspectives of them and yet both would seek a form of destruction in some sort. Fey are indeed like spirits, and thus don't think like humans, in fact, most spirits don't have a humanesque moral compass like most of us humans do.

The ruler sidh can take over kingdoms but are outcasts, where the sidh don't know they get someone else who does know and they make certain they win the fight, they trade info or items for services to gain the person favor and this includes titles to the kingdom they are trying to usurp.

The dark faery are goblin who can do things for spite, fear and

mischievous or sometimes cruelty and come in many forms such as orcs, Goblins, trolls, redhats and mancatchers.

Light fey are hobgoblins who are sometimes human friendly and playful such as the small fey of sprites and pixies or the larger fey of gnomes and centaurs. They can be mean or nice as they decide. But there are more of them than I describe here.

Tuatha de danann are royal fey that live secluded but fight for a cause under a sidh ruler.

Kitsune are foxes that sometimes take other forms than fox and have fox powers to aid the area they choose and vampirically feed from energy and humans doing great deeds for survival. These are foxes that are a mysterious animal, fascinating, and mischievous. And is believed to be very grateful for the kindness done to it, as seen in many tales, and is also affectionate as revealed in some dramas. It is godlike because of magical ability such as shapeshifting able to bewitch men in charming girl form. An exceedingly interesting and entertaining beast Kitsune is. Kitsune are ageless non-immortal being spirits. Kitsune manifest with 900 years lifespan and age slowly before they leave/die and return to astral plane spirit world.

Kitsune 900 years old or older and age slowly, as they are rare as energy amount is equal to fuel of the physical plane existence that would be extreme plus they would be doing more harm than good. The kitsune represent elements meaning they have abilities from each. This incidentally places them as Dragons but on a smaller scale. Dragons and Oni are their enemies plus the elements are 13 categories and kitsune are divided into each called clans, dynasties or houses.

The elements are Wind, Earth, Fire, River, Heaven, Thunder, Mountain, Void, Spirit, Time, Forest, Ocean, and Music. In the book 'Kitsune' the word Heaven is Celestial and Void is Dark. Each kitsune has its own element based strengths its aligned to. Elements reflect the kitsune's powers origination and elemental affinity like Fire Kitsune is unaffected by fire easily feeding from fire to self strengthen plus use fox-fire with ease. Water kitsune wouldn't use fire easily but naturally heal and thrive near water. The most common kitsune are Celestial kitsune who follow Inari, Wild kitsune, Dark kitsune. Celestial kitsune are 'High Kitsune'.

Kitsune are physical spirits and everything has spirit in some form plus these spirits are Kami. Animals also have spiritual counterparts more commonly known as Kitsune and Tanuki.

There is Tengu but this is unessential as from what I've read they have background and diversity to make a thesis. Kitsune have a number of options to manifest. Most draining is to appear in physical world causing storms or unnatural events. Kitsune who simply manifest lose innate essence faster feeding more often or suffer weakness but they gain strength after 12 hours in the new world. As is stated "when you eat from a place you can return to it or stay" from a greek story.

This feeding depends on kitsune strength usually meaning region blight surround if fed too much tho the weaker kitsune have less effect. When kitsune manifest it has optional choice number. It can appear as kitsu (fox), fox-headed person or very attractive normal person. In any case the tail number that kitsune have will be obvious unless shapechange masked which is draining. Note however they can shapeshift at will so concealment be easy. The second option is possess either fox or person. Fox-possession was a most common kitsune manifestation means. A kitsune possessing someone had to overcome willpower thus usually the process appeared insanity similiar where a kitsune willpower fed. Taking a sleeping person usually was a lot quicker since kitsune could invade the dreams taking time to willsap targets. Possession is not shared easy as once done the kitsune body control plus once they leave their host will experience remember not. Kitsune possession was not long-term unless kitsune truly had reason to stick around.

Possession was blessing or exorcism broken by Shinto, Buddhist priest or if someone called a Guardian kitsune to deal with the matter. Also note that unless kitsune is powerful the shape-shifting was foxform limited, fox-person form and person form they're possessing. The third option was possess a child, fox very young or unborn. This method is least taxing and resulted in a kitsune hybrid possessed person/fox. If child/fox possession the full possession takes longer plus with pre-born it's instant. This is the 'avatar' method cuz this is the least taxing method to show. This also incidentally gives a long-term physical body. Kitsune who use this method have no extra tails visible plus eat, drink, sleep, breath, and suffer the full moral life all 900 years. They bleed and possibly get sick unless a regeneration is enabled. Using this method transforms into fox-form/human-form plus development of possible other forms.

As additional note a kitsune with avatar can't be banished or exorcized easily. One common thing is kitsune once here can become enraptured with full senses as in physical form. This turns kitsune into thrill-seekers that experience any new forms albeit pleasure or pain. Older kitsune who have lived physically for long time may be more jaded. Another spirit aspect is manifest ability and physical survival level that requires sustenance. Gaaki feed off many different things depending on

gaaki type you come across. Some feed off scents, blood, pain, tears, and more dangerous from souls. Kami usually require small gifts plus prayers sating them or they are hostile and dangerous. These gifts and worship 'fed' the kami.

Kitsune feed from land essence, elements, and people. They are sensically vampires that require sustaining essence. Kitsune who have avatar does not feed like other kitsune. Instead as long as they don't tap into abilites they posses there is normal function for human or fox. Using abilites will weaken them altho if given a relaxing chance they will self recover. Kitsune who possessed someone still has to feed to keep a body a long time. Feeding is in the same manner as manifested kitsune. Kitsune are capable of host draining as in manifested kitsune thus feeds most often. Energy amounts used to stay material can be extreme. To keep manifestation and use it's abilities kitsune draw off much energy around them. This chi essence is found in the elements and like Chinacats kitsune are capable of knowledge feeding. With this kitsune are learning capable plus abilities developing plus possibly grow quickly.

Kitsune body can be attacked or killed but can simply leave the body any time leaving the victim to suffer the fate meant for the kitsune. To harm kitsune requires a weapon spirit harm meant. Avatar taking kitsune are physical harm vulnerable. Anything that do mortals harm harm kitsune. These not regenerative kitsune are unlike others thus spend healing resources or natural rate heal. Magic weapons and faith can't harm these kitsune easy because they are physical world 'natural' having world attunation. These kitsune reanimate once killed spiritually much weaker than their brethren. When kitsune heal wish they expend energy so when desperate they sacrifice tail or artefact gaining huge chi influx for fuel. Kitsune who spend healing energy become more essence desperate and feeds sooner. They should be careful to not normal food overeat for possible weight gain.

When kitsune are killed unless destroyed spirit their be options. Dependant on recent fed amount they can re-manifest in any form sacrificing tail or artefact for sudden chi influx manifestation allowing. If no manifest they wander worlds biding time plus waiting for a convenient time. While in spirit kitsune are spiritually attack or magic vulnerable. Kitsune are amoral spirits with basic right wrong understanding and make decisions based on what they think will aid them most. Kitsune core personality is type dependant.

Element belief is elemental focus and kami which possess them:

Wind - Flighty, these kitsune are wanderers, never staying in one place for long.

- Earth - Solid and unyielding as these kitsune are rooted in history and resistant to change.
- Fire - Quick-tempered and reactionary kitsune are constantly moving thus very emotional.
- River - Natural healer kitsune are quietly peaceful.
- Ocean - Furious and tempestuous kitsune are natural warriors.
- Time - Contemplative and quiet kitsune are seers being oracles.
- Void - Dark and brooding kitsune are malicious and very domain protective.
- Mountain - Distant kitsune are withdrawn silently preferring observance before acting.
- Forest - Quiet and serene kitsune watch those around them. Once satisfied with what they see become playful and mischevious.
- Music - Pleasant and polite kitsune enjoy company and experiences.
- Thunder - These are loud arrogant prideful kitsune.
- Celestial - Protective and noble kitsune believe they guard all under their domain.

Kitsune are not innate sorcerers however they have innate abilities that fall under magic concepts thats called 'Fox-magic'. Kitsune are innate illusionists. To them, illusion is as real as anything else. A kitsune who uses illusion to appear human is human and can talk, act, love and sire children while the illusion exists. A kitsune who transforms staff into snake creates crawling, biting and killing snake. They use this glamour to make objects, weapons, people, homes, and even landscape manipulate suiting desire. One kitsune is capable of creating illusion and manipulating landscape in small vicinity tho when kitsune gather collective resources whole cities are made.

Kitsune can make pockets in reality meaning they can make a

castle under someone's floorboard with people. This world is real by ether (spirit) material. There can be time-dilation that's 1 Earth day = 7 Realm years. These realms are just homes mostly, forests, or their favorite places and ain't whole worlds. It usually takes three to five kitsune to make a whole realm and populate it linked together. Kitsune can dominate those they want plus this is an enchantment form and this can cause someone sight of anything wished or overlook wanted things by desire. Once control is established the victim is held until someone can break magic.

Foxfire (Kitsune-bi) can produce lightning or fire by tail rubbing their tails. This becomes a melee weapon plus they breath fire to about five feet or less. Kitsune can also create small fire balls sometimes using these as lights, thrown weapons, or as playtoys. Kitsune can possess targets, taking over minds and bodies. This is sometimes out of necessity of protection as possession lasts until next sunrise or sunset unless the kitsune is using this as a manifestation form. They have not targets ability access or memories. A kitsune can transform into anything covered by an elements. This means they can turn into trees, forests, rocks, water, or other people.

The limits are that the transformation does not give them the innate abilities of the form they have taken, and they are vulnerable to what can harm that form. Kitsune who are possessing someone can not use this form of transformation, unless they are doing it through illusions. Kitsune can create small focused power balls. These balls look like small spheres that easily be child toy mistaken. These balls focus kitsune abilities plus contains their spirit usually when they take on avatar or possessed someone. Kitsune enjoy playing with this ball using it as a magic focus. If anyone else gets their hands on it or wills it away from weak kitsune sometimes they coerce kitsune into helping them.

Kitsune can study any magic field. A problem is that to use any magic form requires to draw energy from power source or self draw it. Unlike mortals they weaken when they self draw energies which does not self replenish. One who casts magic too often will become weak and starved. These are oriental magic examples. Akasic is the magic of chi essence. Mages can see auras and power sites, manipulate, draw on, or expel chi as in will balls that contain elements.

Akasic magic is powerful combined with other magics. Its good for things like healing, regeneration and reversing essence loss that feeding caused. Kitsune follow the Elements being tied to

the represented elements. Kitsune can influence elements they be of and if elemental magic is studied they can become very good in the study field. They can study:

- Wind - With this study, they can create winds, cause tornadoes, and influence local weather patterns. This is also effects ice and snow.
- Earth - They move rocks, transmute minerals, physical objects and build things.
- Fire - This is a kitsune's specialty as they create fire, control fire, and cook meals.
- River - This is a life-giving power as they create water or control creatures living in water plus they heal others with and bring life to things around them.
- Ocean - This is river cousin to River but larger scale. This is where they cause very strong storms, flooding and tsunamis. This is how mages in their depth creature conjure.
- Forest - This control and manipulation of wood trees, and forest creatures. Those who study are druidic in their ability to wood strive and blend in and find herbs plus roots making salves with.
- Mountain - Cousin to stone as this element allows for mountain control and those living inside. Kitsune cause earthquakes, volcanic eruptions, and landslides too.
- Thunder - Wind cousin a mage can throw lightning with, cause storms, and create energy shields, manipulate machines without detection, and without computer net-run aka neuracanulla link.
- Celestial - This is astral and heavens magic. Mages teleport, call upon magic creatures, and throw target meteors. Kitsune can do most other reduced effect magics.
- Dark - This is void magic and this magic can cause blights, drain life, summon dark creatures, manipulate darkness, shadow vanish, and light drain from areas. This study aint 'evil' and a quarter of the kitsune race are Dark Kitsune.
- Time - Allows no time travel except with right methods thus this allows kitsune to speed up slow time down, age or youthen targets and objects. To predict future events plus this be the

perception and manipulation of time plausibly to master reality with celestial magic worked in.

- Music - This is sound and music control. Kitsune can sing spellsong effects. This can entrance others, ward off supernatural creatures, and control moral.
- Spirit - This is spirit world, demons, and other world manipulation. This nature magic doesn't work well on mortals since mortals have souls which are similiar to spirits so they have to wait for someone to die for this to effect someone well.

Kitsune can bind, summon, banish, ward or trap a spirit even in a human being if powerful enough. If the kitsune have some of the persons essence then they can control the person or demon throught essence manipulation. Feng Shui is the Geomancy study or power sites and ley lines being largely this magic. A person can find out best way to site build or power location creation plus a means to tap into leyline or nexus. This allows someone to travel Dragon Lines (ley lines) getting from location to location and also allows them power tap Ju-Fo is runic magic and mages can write power words or speak spells creating magic. Ley lines are good places for banishing/controlling spirits and binding sites. Kitsune can hide themselves or places by ley lines manipulation for concealment.

Oger are fey machinist but their machines are any type including bio-organic; they manipulate humans at will ruling them if possible.

Dwarves are ruled by the Erlking, the Erlking is a dwarf king that lives in a mountain and rules over the clan of dwarves, humans and elves considered a colony underground. They live in family groups of clans and use the disc technology. This disc technology is able to float things and make generated energy. They can use many types of technologies though, as the disc technology is just one of them. They live on a trade by the necessity reasoning. Except they are secretive, and will keep the idea from long distant influence, of them, if they need to. They are 3 to 4 feet tall, and have hairy feet. But their strength is twice to thrice their height.

Hobbits are original middle earth faery and half sized man explorers with tough hairy feet that often go shoeless plus slightly chubby or slenderish and being very agile and strong,

their strength is twice as much as their height. They are like kitsune excepting that their mind strength is very strong and will do many things for a quest including the interruption of beatings to do yet another. though without a cause, they write yet they are against those who break the law of the land and just in their cause, yet they will fight like a thief and try to become invincible, If not that, they leave the inhabitants alone and they take up a area in the home to rest and help out as servants unseen, until they find a edge to possess the body that called them as servants or the entire household, if they can't touch the summoner. Then they will try to force surrender through unpredictable moments and possessions of the friends.

To the caller they will try to ruin the projects and the reputation of the possessed unless they feel they have not been been cheated, In which they do a free service otherwise yet their power is to manifest things, objects and images of any memory to get at answers and to do a personal sabotage and revenge, much like the human headed turtles who on regard torment the regarder until they apologize, The hobbits then sell the info on a need to know basis where the buyer recieves some sort of punishment to get the info and only sell to those of reputation, If hobbits cannot gain repute by service, or too many plots ruined they will leave to another area.

Hobbits are 3 feet to 5 feet 5 inches tall, if they can they act as children to fool the parent or when they can't they will fight for the person on a single cause through justice if they see reason to as in a theft, they will kill the persecutors who robbed the family. People who can see hobbits outside the middle realms are wizards and children, yet some holy men are very apt to see them as delusions in which the hobbit most likely will torment or not, according to their mood. Anyone can see them in the middle realms but few can get there unless invited. They are neutral good to the heart of them.

They manifest the aspect of human form with hopes of gaining priveledges through services, or self projects done if nothing else, Those that have alot of money, they will try to take it all. They sometimes serve as messengers and any scheme they hatch to do, that fails they always have another scheme to replace it, If they can they would drive out all the household inhabiants while they get thieves to take the home that they drew attention too, but only for any hits to them that they pay back three times for personal vengence, They despise other intruders as enemies that they don't like to the point of drawing them away from the area. The areas they cannot enter will get repeat beatings and other psychic attack until they force the owners surrender or they will ask for entry.

Faerys are the fairy god mothers or wish granters that speak the language of the summoner.

Wild fey are human manipulators that use humans as tools but break those they despise and they are drawn to conflicts.

If you found them targeting you with boredom use repetitive actions, to drive them away. If you were their friend, which meant they help instead of hinder. Then, I would use the offered services with thanking them that they aided you in the way they did. If you offer service in return. If payment in necessity use chocolate as its their favorite but you need alot. They live in the fourth dimension or the plane of time and mists. Time differences are per 1 min in = 10 years outside or fairy world, where you live. You want to be forgotten because of the crimes you've done? Then, go into the fairy mists for three minutes and come out of it. You would have been forgotten.

There are hundreds of fae languages. From the small fey to the large fey. Small fairies are odd and can speak this way, but not all. The small fey language is opposite and upside down of english. To write in english write it backward putting punctuation mark at the beginning of phrase. An example: ".egaugnal yef si sihT" written in english. It translates too "This is fey language." Now it uses backward english words but same english syntax and phonetical spelling. A famed inventor who used the small fey language is Leonardo de Vinci. The small fey sound when speaking natural as if blurbing out all at once. Unless they speak telepathically to you, then they can sound as though in your language, sometimes. To understand them, in their natural speech pattterns, slow down their speach and reverse the language spoken via a recording device, if you are so lucky to catch it on tape.

The larger fey, like Dwarves and the larger goblins and hobgoblins speak their own language. As is possible to understand as a language. As the Goblins speak someting similar to this language at <http://initiativeone.blogspot.com/2009/05/> the large fey can speak a variety to it. Then there is an idea that one can translate it, where there are some words that can't be translated. Most fey can try to speak telepathically.

The system of barter and trade is what the fey use for market system. Small fey love chocolate and virgin vagina. Where the larger fey can be willing to trade for what is reasonable to them. Anything to give them advantage. An it is at the end of the trade, where favor is asked. However to gain their trade you

must gain favor and that's to gain their trust. Otherwise without trust you could be severely mistreated till you pay them off or say your sorry. Fey live freely and in a state of watchfulness with a sometime playfulness. Most often found dancing or doing something but never fully focused on a single idea for long.

The appearance of fey are any shape they want. Their natural form is 3 to 5 feet tall, or taller and sometimes very pale and chubby, as yet not seen by the human eye. Mentally they are mature yet childish and always willing to act or play. Yet their culture is to gain self-goals and desires while aiding or hindering through the actions. They usually get what in the end whether it's obvious or not. They change tactics in an instant yet will remain true to a set goal. The desire is sometimes their goal as they achieve what they want through desire. Their recorded culture is what achievements they did and get named for by those achievements. Fey don't age so their appearance remains the same in natural form. Energy form is the form they naturally choose for it leaves them invulnerable.



Fey Myth

"Dread Fairy King,
I sacrifice before you,
How nobly do you stand!
You have filled up my house.
You have brought me a wife when I had not one,
Instead of daughters you have given me sons.
You have shown me the ways of right,
You have given me many children."

- Biddulph, Tribes of the Hindoo Kush

Mythology Attributes:

Mythology gives us lots of information about fairies. These are some of their supposed qualities and attributes:

- * May be male or female, helpful or harmful
- * Have powers of magic and enchantment
- * Wear green clothes
- * Move swiftly
- * Live on hills, in woody dells, underwater, or in the Otherworld
- * Can turn invisible, or blend so closely into the forest as to seem invisible
- * Are immortal
- * Shape-shift
- * Cause fog and tempests
- * May be winged and fly
- * Live on fruit
- * Play tricks
- * Brawl with each other
- * Possess gold
- * Bestow gifts - Fairy gifts include the cauldron of plenty, the wand of intelligence, and the tree of knowledge
- * Steal babies and replace them with changelings
- * War with insects and reptiles
- * Borrow household items from humans
- * Enjoy music, dancing and making love
- * Enchant humans and beguile them into the fairy realm
- * Are associated with certain plants, trees and places
- * Sometimes take human lovers
- * Create artifacts, such as shoes and bows

Origin:

* The Little People are said to be the dispossessed early tribes of the British Isles. They faded away into uninhabited places, growing smaller and smaller with time as they were forgotten and passed into legend.

* The Tuatha de Danann, People of the Goddess Dana, ruled Ireland before the Milesian invasion. They were driven underground where they became the Daoine Sidhe fairies.

Other theories hold that fairies are:

- * Supernatural beings
- * Fallen angels trapped on earth
- * Spirits of the dead
- * Elementals / Nature spirits
- * Old god/esses who have been neglected, lost their powers and

dwindled away

Names:

* Fairies are the Little People, the good folk who live in woody dells. Names for them include: faery - faerie - fatae - fa'ae - fairye - sidhe - sith - fee - fay - fae - fayerie - fair folk - verry folk - feriers - ferishers - farisees - wee folk - green men - greenies - greencoaties - green children - gremlins - good neighbors - good people - grey neighbors - pixies - piskies - sprites - tamlane - tammerlane - tom-lin - tom of lyn

* Elves, gnomes, sprites, goblins, hobgoblins, nymphs, merfolk, trolls, leprechauns, etc. are considered types of fairies in some traditions.

* Knowing a fairy's true name gives you power over it, so fairies are said to guard their real names very closely.

Nevertheless, individual fairies known, to us from mythology include:

- o Caer, a beautiful fairy who lived as a swan
- o Clethrad, an alder fairy
- o Donagh, Finvarra's beautiful wife.
- o Finvarra, fairy king of the Daoine Sidhe. He is known for his skill at chess and for abducting brides-to-be.
- o Ghillie Dhu, a Scottish fairy who lives in birch thickets. He dresses in moss and leaves.
- o Heliconian, a willow fairy
- o Melia, an ash or quince fairy
- o O'Donoghue, king of the Lough Lean fairies in Ireland
- o Summer, beautiful queen of the Elves of Light. Her presence melts Winter away.
- o Urisk, a lonely male Scottish fairy who is found near pools
- o Wichtlein, a German mine fairy



Fairy Flowers

Primrose - Cowslip - Foxglove
(From Open, Sesame: Plants in Myth, Magic and Medicine)

Primrose Myth:

- * Sacred to the Goddess because of its 5-petalled flowers.
- * The 'mysterious number' of primrose petals represent women. They symbolize birth, initiation, consummation, repose and death.
- * Sacred to the Muse.
- * Held sacred by Druids.
- * Primroses were considered fairy flowers in Ireland and Wales. They represented wantonness in England, as expressed in the phrase 'the primrose path of dalliance.'
- * Eating primroses is supposed to enable you to see fairies.
- * Touching a fairy rock with a primrose posy opens the way to fairyland and fairy gifts. Using the wrong number of flowers in the posy spells certain doom. (Try five.)

Magic:

- * Element: Air
- * Language of Flowers: Early youth.
 - o red primrose = Unpatronized merit.
- * Sex magic: for love spells
- * For: protection - making the invisible visible

Primula

European herbs of many varieties that grow in hedgerows, open woodland, beside streams and along lanes. They bloom with yellow, white, pink or purple five-petalled flowers.

***Note:** Evening Primroses belong to a different family of plants.

Medicine:

* Culpepper recommended salve of leaves for wounds.

Uses:

* Primrose pottage was made by boiling pounded flowers, honey, almond milk, saffron, rice flour and powdered ginger. It was served garnished with flowers.

**Primula vulgaris - Woodland
Primrose**

Perennial herb with strongly veined leaves and knotty, branching roots. It blooms from March to May with stalks of fragrant yellow flowers. Woodland primrose requires partial shade.

Medicine:

- * Astringent - sedative - antispasmodic - expectorant
- * Folk remedy for: gout - paralysis - rheumatism
- * Dried, powdered root is emetic
- * Infusion of root for nervous headache
- * Tincture for insomnia

Modes: powder - tincture - infusion

Primrose obconica

Names: Primrose - German Primrose

Annual herb with brittle, aromatic leaves that are covered with irritating hairs. Native to China, it blooms from early winter to May with large, showy white, pale blue, lilac, rose, pink or carmine flowers that have greenish eyes. Propagated by seed, it needs semi-shade and a cool location.

***Caution:** The glandular hairs contain a poison. Their irritating fluid is absorbed through the skin, causing itching, blisters and eczema. .

Primula malacoides

Names: Fairy Primrose - Baby Primrose

Bushy annual herb with pale green papery leaves whose undersides are covered with white hairs. It blooms from March through spring with umbels of flowers in pastel shades of white through rose and red to lavender, sometimes with deeper colored eyes. Propagate by seed. .

Primula sinensis - Chinese Primrose

Strongly scented annual or perennial oriental herb with a rosette of hairy, long-stemmed leaves. Usually mauve with yellow eyes, the blossoms may also be white, pink or scarlet. Chinese primrose requires well-drained soil and is subject to death by over watering.



Skyhawk



Elemental practices

These are elemental practices, which follow the idea of summoning them. By, thinking of the element to get attuned to it, imagining the effect for an occurrence to happen, possibly strengthening the summons by a word or two spoken and a freehand sigil to help summon the element. More elemental sigils are here @ <http://meister-runic.tripod.com/Page2.html>. Some can use their chi, to form fire, or cause other elements to be acting on feel, through focus of the chi and directing it by the will, to cause the effect.

However you attempt these practices, the more you try to do the element summoning, the more easy it becomes. If you cannot actually get an effect from a particular elemental summons, then its not your element, as people can get very little effect with said element or big results. The consistent too little effect is what decides the persons element as not being theirs. There's nothing wrong with the method.

Menu of sections

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The Elements Themselves
Summoning Elementals
Feeling the Waves

Elemental games

These are ways to get a elemental summoning practice in, in a funner manner than just summoning for yourself. However, you may see this idea as practicing for yourself and testing your effect on others.

This is guess the element. There's two ways to play it. Standard and advanced.

The standard is to summon an element of your choice, without

telling what it be and send it at the person playing. Allowing them to guess what it is. You can use constructs if you want to.

The advanced be to get a friend to send you a specific elemental energy in a construct and try to alter said construct to assume a different shape and element after guessing what it is. Optionally add functionality to it.

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The Elements Themselves

Now for the Elements you may attempt to use..

Cold

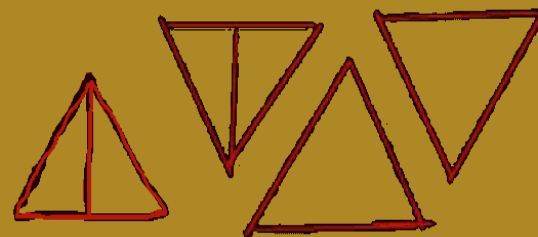
The cold element can cause ice from water freezing or the coldness in the air. For any type of coldness that you want, just think of a cold emotion, which can be the emotions you get from being dismissed and badly treated. Just remembering them can leave you cold.

So, then feel the air around you. Think about it being cold, and then think it to where you want the coldness to be, or think to where you want the coldness. You need to work on it to get it strong. Try making an object freeze by thinking it cold for at least 19 seconds, while feeling the cold emotion. Lets see how far you can get as if you send it fast enough you can make a cold wind.

With cold, you can also visualize ice and snow and feel the coldness. If you visualize a blizzard and snow everywhere then it's even colder.



You might need a diamond, clear quartz or a cubic zirconian to cause a freezing as in frigid cold that freezes on contact. If you have one, focus you coldness through the gemstone and/or have one on you and try the effect. Well anyhow, it works by the cold emotion influencing the air to be cold and where you direct the coldness, is where that area is felt and is as cold. If you can do this three times then you mastered it at a certain level. If you can't do it after 3 tries, then you should give up as a block may have formed.



The Symbols from left to right.

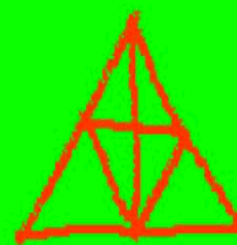
The Air Sigil = allows control of air.

The Earth Sigil = allows control of earth.

The Fire Sigil = control of fire.

The Water Sigil= control of water.

To use them, imagine the event while drawing them.



Ice Sigil

Draw this and imagine an ice effect.

Fire

Fire summoning is as simple as thinking of fire, feeling it form and be there and imagining it there as a red spark or flame, and if you wanted a fireball, feel it compacting itself to the size of a pinhead and feel it form or expand to the size of a baseball for the visual effect.

When you form a fireball throw it at a target or make it float in the air. The effect is dazzling and only lasts a few seconds.

Another way is to make fire by thinking and feeling it there and then having a firey odd or erratic thought to make it materialize. The area around you takes that thought and manifests it as fire, in some form.

Most people only get partway feeling the heat and then they give up. Statement of the word 'form' or something else to your desire helps, along with a sigil of freehand style being drawn, to make it even more easier. Also, feel free to make gestures, with hands or limbs. To direct it easier.

For fun, try to make a fire spark dance (maybe 3 to 10 minutes effort) and you can imagine the red spark touching something to light up some material.



Elemental Sigils from left to right

Air fire - Draw or carve this Sigil to generate heat or fire in air.
 Gravity rune - Draw this Sigil, to generate or manipulate gravity.
 Lava rune - Draw or carve to generate a lavaic effect.

With fire, you can get a fire effect by visualizing a fire tornado or fire being around the area, in some form. Also possible is to visualize a fire appear from something. Expect it to come from faulty wiring or components, if no actual results when you use the visualizations.

Due note: The heats supposed to be there and sometime catch fire. To move the fire in the air to be where you want it, think it to be there, moving and forming as you feel it should. To move it quickly in the air will cause a hot wind. Once its formed, its likely to get out of control, so quench it with water, sometimes physically.

When summoning fire, you might feel it burn you. And, your body heats up. To avoid this, don't summon it to you, summon it to an object. To try summoning it to a source item, helps also to cool off the body and the source item can be used. So remember to focus that fire contained in an item, to be used. Thats yet another way to summon it.

When you must use an element to fuel you, use light, water or another similar non fire based element. As light is another form of fire, and isn't known to cause burning, albeit light is fire particle vibrations in the air. And, it also comes from the sun amongst other sources.

Also to take in a pure element to fuel yourself is unstabilizing. So, you might become erratic after awhile of doing so, unless you took in all four elements. Or, you may generate more energy by doing activity, or create something to generate it for you and then absorb it. This will cause no destabilizing effect on your system.

So, there be a more safer variety to absorbing the element. Called Feeling the waves. Described [here](#).

Water

Water summoning is to focus on the the idea of water and then say or do wha you feel is necessary, while thinking water will form where you want it to as a blue dot. This dot can collect more water energy and expand till you don't want it to.

The action could be a freely drawn sigil that is a means to

summon water, or it could be anything. The sigil could be anything you came up with. Some just think about water and state HydroFx [hydro-fx], then think of the effect they would want.

Or, feel the water in the air and see it as though it were the water particles that responding to your will. Then feel the water particles form into a watery effect somewhere, what helps is to feel the moisture and state the effect you want. Again, optional is to form a freehand sigil that will cause the water to do as you would want.

To condense it to a drop, or moisturize something try to feel the water and think to the moisture, 'condense into a drop' or 'moisturize here'. It helps if you had a glass of water, but thinking the drop will form into a larger amount helps too. Thinking it won't form, will stop a leak by causing yourself to stop it. Water will do as its conveyed to do, with one who practices with it.

Feel free to draw the water sigil so you can summon the element easier during the ceremony. So there might be some that want to cause water to flow upward, so be aware it could be 1 week before it effects fully. So by thinking it will happen, eventually makes it occur. You can cause water to fill a glass or something else from very little water. Its a challenge. Though, the only real thing that works is ice formation from cold and water particles.

Air/Wind

Wind effects are very easy, if you know it is your element then this should work. Without the air and wind there would be no breathing, thus it is an element that brings life. So, thought and imagination of the element is what is used to manipulate the air to wind or to do your effect. Its as easy as trying to think of air and imagine what it does, imagine the air becoming wind and blowing across you, and to think the air will blow in a certain direction or shape directs it further.

Or, feel the air around you and nudge it with a gesture or with your mind by a thought or will that it will do what you want. You can form the air into pattern shapes, platforms or other things like a golem of air. This makes it possible to use air on a thought, and this will cause air to do as you desire. To state the effect that you desire the element to do, will influence the effect to happen as the air will do or whatever element you chose to

manipulate will do. Its best to try doing wind effects outside, or through a window.

Earth

Summoning earth effects makes for an idea to occur through the earth and are to think of earth, imagining the effect to occur and feeling it happen as your sub-conscious makes it happen by influence. Possibly saying a word or two is to make it more plausible and likely to occur. And its even more plausible to occur by drawing a freehand sigil meaning to cause effect. You'd have to attune yourself to the element to have it occur even easier.

So to attune yourself, by thinking about the element of earth, you'd attune yourself to it as you fill yourself with its energy for a bit. You can cause barriers, platforms, carrier effects, support, structure and heal with this idea of earth effecting too. Due note: Not to be done for electricity or fire, unless for fire its heat your filling yourself with for fire attunement. This element be used, in reiki, as well.

With earth, you can make earth effects by visualizing two firehoses of dirt to build a wall, or visualizing the earth and dirt building up in some way. I believe its effective to perceive it as you actively want to. As it will work for you more, if you do.

Other elements

The other elements are ice, gravity, lava, firewater, oil, heat and others that you can manipulate:

Ice is just freezing the moisture or water in around something. As is necessary, use of a cubic zirconian, clear quartz or diamond is a necessity. Use of the ice sigil is also making it more possible, if drawn in the air or on the arm or hand. The most some can get results in this is freezing an object but no ice formation.

Using Gravity is just feeling the area as you imagine things becoming heavier or lighter to your will, its only temporary. As, its earth air and can also be used to cause earth or objects to be lifted/flung into the air. Use of words during the ritual to manipulate it easier, can influence the pattern you imagine into happening easier. Use of the gravity sigil makes the temporary gravity change easier.

With gravity, trying to "defy gravity" and "lift up" things is kinda hard. So, first try something easier, make something heavier or lighter. As, defying gravity by 'lifting up' is harder. So, think or say 'lighter' or light thoughts or happy thoughts at the object or person, make the target easier to lift up. For heavier effects, think 'heavier' at the target. It can make things less light but only slightly.

Lava is a hazardous element, only useful in molting, molding or melting things as well as being an alternate heating source. To use it, you need to be able to use fire and some earth in effect. So, focus your mind and think of lava in its natural environment. Then draw the lava sigil or carve it to attune and link yourself to the lava, in order to effect with it easier. Imagine what you want to occur with lava in mind. And the lava should be in energy form that responds to your will. That you can direct it by imagination or words.

Forming it into a compressed ball in your hand (wearing gloves) you wait till the heat is almost hot enough to burn you. Then toss it. If the target is a person, then it disrupts their focus, as it causes the person to feel a disrupting hot spot. Otherwise, you can melt things with it from a distance. The least it can do is become a heat source by combining it with objects.

Due note: Those that are advanced in the lava's use don't actually need to use the sigil, but the sigil can make it easier to wield.

There's oil, that is earth water, and you can manipulate it, or draw from it as energy. When you do use it, you can imagine what you want to happen, with oil and will the effect. Then you get what is considered an epitome of memories, from what the oil was before. As it can do what you want as well, its a bit hard. All thats needed is the statement of the effect that you want, to make this easier. To use it as a source of energy, is to make thoughts of oil and speak what you want to happen.

So, imagine a oil rig, or imagine it coming from the ground, it can be summoned in this way, more physically. If you make a

highly compressed ball of it, your hand is possible to become cold and heavy and when you throw, you make slick spots where it hits. So, oil is wilder and you can cause slick spots by visualizing the oil to come up in a certain area. Or, create a large boost to activity. It can be used for energy, in truth, much more easily. You can try to use it to power a car, but there's enough to power the body almost indefinitely. To do so, go and do the idea of absorbing the oil into yourself.

Then there's firey air or heat. It can be there, where you want, by imagining heat being there and thinking of a hot thought, optionally it can be as you say it, the idea of, 'make heat'. It can be used by imagining the event, speaking a power word and phrase to intensify the effect, and this is using your vibrations to achieve the effect, or you may will the effect, by focusing on your need for effective action and willing it there.

And, you may intensify the effect further, by intensifying the heat, in the air and literally feeling the heat draw itself where you want it and speaking a power phrase of, 'draw heat fire'. Then, it seems to draw itself. If you have ability to manipulate fire or heat, the effects mentioned will occur. The more heat, the more effect you may get. To much heat can melt things. To much intense heat can cause a fire, so beware.

There's also Firewater, as a mix of fire and water happens through a medium, as in oil on water, or other similar, this needs no actual practice. But, its very dangerous, as it can be like greek fire, where the fire has to be smothered, or it burns, even in water! The way to do firewater, is collect the element of oil in something or form a oil ball. Then, cause this oil to ignite by fire being added. Then, add the element of water energy from the area, to cause it to be flared and hotter. This may seem like a flaring technique, but it really isn't as it is a way to make a combined element.

Similar Elements

Here are yet other similar variations of the elements of earth and water, these are of Rock, Deep earth, Fresh water, Ocean water, Plant life, Wood and Metal. How are they different? Rock is different from earth by being a more solid form of it, deep earth is different from rock or earth by being a layer of the earth, between surface and molten core or the mantle, an this is

almost plasticlike material that's partly of earth, fresh water an ocean water are nearly the same as water but different as they are drawn from different sources than pure elemental water, plant life has its own energy, wood is offering an energy containment and focusing material, metal has its own energy.

How to draw and use these elements is done with a connect by imagining the element or thinking of the element as though it were to appear or rise out of the ground and form to your will as you would want. Your will directs the element and you can't get hurt by it, although it might be painful to hold it.

Rock is capable to being manipulated into animated rock by imagining what it does, to be as a power source, or to being communicated through via thought projected at a person through the rock. There are many types of rock, too. As sources each different type can be different. There's sandstone, versus limestone, versus granite. Imagine a rocky path, with rocks on it that you would desire energy from, and energy the color of the rocks is then streaming from the rocks to you or entering you.

Deep earth is more dangerous, though useful to being a power source, morphing things, melting things. It is often preferred as a source for healing. A deep earth ball can fuse things or cause a person to lose consciousness, if focused enough. It can be used to materialize nearly anything. Though it's slow to react, at times of hecticness. Simply imagine a thick flowing orange cream pudding liquid that's mixed in with dirt, going to your hand. Then applied as you want to apply it. Or, to materialize with it, is to imagine the thick liquid becoming something.

Fresh water is useful for taking into yourself and refreshing you, becoming a life source that can cause living conditions to improve, or making the area cooler and cleaning things it comes into contact with. Just imagine a river of the freshwater flowing through you to your head or a freshwater waterfall coming into you.

Ocean water can be a huge source of energy. That uplifts you and causes you become more energetic as you take it into yourself by ocean balls placed into the self. Formed into a ocean ball, it can corrupt things or as a pool of elemental energy, cause corruption to the area, if not used for the human body. Imagine ocean waves flowing through your hand to you. Also when working with ocean energy, more so than freshwater energy the moon plays a part. The moon can charge the ocean energy even further! A waning moon is with negative charging. A waxing moon is with positive charging. Deep ocean energy is the same as ocean water, but more condensed and energized.

Plant life is possible to be used as a source of energy to

yourself, drawing from the plant life energy, you may be able to manipulate the plant life. Into emanations of whatever effect that you would want. Do this by thinking to the plant life, what you want it to do. Imagination of what the plant life does will make it sometimes do as the imagination depicts. Different plants have different feels and are the similar as energy sources. For example; jungle plants have entirely different feel of energy to northern forests. For Jungle, imagine jungle vines and green energy and vines into yourself. For forest, imagine a scene with evergreen trees or other trees, and deep green energy. Have the deep green energy entering into yourself. With forest, the air's cleaner and it's colder too and you can feel happier.

Wood is a chinese element, that is from earth and water that offers energy at a cost of slowly weakening the wooden material. To focus its energy, think of wood and imagine the wood doing things. There is also possibility to focus the wood energy, so gather it into the wood or into yourself. And, when you feel the moment is right, you can release the energy you gather from the wood or focused through the wood, with a thought of 'release' and willing an idea to make itself known as to become from your idea and with the released energy. Wood energy balls can bring a sudden relief and manipulated thought. If you put the wood energy through a person, you disrupt their doings. For wood, imagine trees of the type you want energy from, with no leaves on them, and brown energy coming from the trees to you.

Different woods also have different properties. There's live wood, an dead wood, but most wood is alive. If its been cut up, it just wears down quicker. But after enough time it goes to deadwood, which has almost no energy and turns brittle and crumbly. Its proven, that the more wood energy you use the more it is possible to kill the wood. If it were a tree, then you let the tree recover. If you take too much energy from the live tree, then it won't recover.

Metal is a chinese element that is possible to elongate life and cause you to be energized. By feeling the metallic energy stream into yourself, this be possible. And through metal energy balls placed in yourself or linking to the metal, you can cause the metal energy to stream into you. This works by the effect of the energy thats shared from the metal, making you become like the material. As long as its whole you will be whole in mind or body, too. Its advised not to try the metal element till you get used to the others. Then you possibly won't spasm, but it might hurt a little bit.

Also, you may be able to curtail pain by thinking or imagining what the metal is doing and stating what you want it to do. A metallic ball of composed metal energy, will be able to knock someone out if thrown at them. Thinking to the metal, will cause

it to make the thought manifest or convey it as a message. The metal can also vibrate at a certain pitch from your thoughts, and this helps the manifestation of idea. So, imagine the metal streaming energy to you. For generating the effect that you want by imagining the metallic energy forming or doing.

Different metals have different properties. As in, steel can be clean and live a long time. If you linked to it or got energy from steel and placed it in you, then you could live longer as the steel remains intact. Iron is able to absorb energy and magic and seal things. Lead is the most dense and is able to make you stupid as you use it, in any way you want, including links. Cause a link by thinking 'link to me' while touching the material. If you set the link to delink right before the metal breaks, then you won't break in some manner.

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Summoning Elementals

Some might think your summoning elementals as in element spirits. Where, in reality they be elementals as in a live element in the form of your need. The element is partially powered by your spirit and the element type energy in the area, that you chose, on summoning. As well as its home plane, so your spirit gives it strength to survive here.

General info and summoning:

So in order to do the effect of summoning, think of the element and imagine it formed into the shape you need it to be.. (mostly humanoidish), and state or will it to exist near you. It will appear, if you have enough personal power. As personal power accounts for allot. For, it will make certain magic possible. Opening your 3rd eye will help you see the elemental easily.

When you state the effect, for it to appear, state 'Oh tengri (pronounced taen-ri), I will the elemental being I need to be here.' Or otherwise, in willing it there, try to really NEED it to be there and as you will it into existance. This will go easier if you realize the reason for needing them.

Air elementals are not seen but felt, so they can help induce

psychic ability.

Earth elementals can bring a sense of support and block effects. As its Earth energy, your not going to see them either, except to feel them nearby as earthy and you smell earth too.

Fire elementals have a definite form of a reddish fire thats filled in. They will allow you to form fire, heat an area or smother a fire. When you can't see them, you can feel their heat.

Water elementals are cold to be near and wetness can be felt. They can help put out elemental fire and make you feel like you drink something.

Some people might think your summoning other gods. Its not a god, its a being that is made out of elemental energy. Talk to it, or command it to do things, through stating what you need. It should respond. Again, its like the normal element, but its living. So go ahead and try for it. As its a challenge to talk it into things.

If you need a lasting strength, make it come into you, and air elementals are great to work with for support. Fire elementals are also good and the elemental can sometimes be mistaken as a demon. Just to let you know. Oh yea, to control it, think you control it and command it by speaking to it and your subconscious will make that happen. Sometimes the elemental will appear only to you and effect you. Not always does it effect the area. You need to feed it energy, summoned or your own, to get it to do more.

Questions on them:

Where does this elemental originate? And what is its affinity? The elemental plane of existence, and its affinity is the element it represents that you chose when summoning to make it take form from. Its not as hard as it seems, to understand. The element I chose, in this case is fire. So it will appear in a firey form that I needed it to be in.

So, you choose to summon an element and how does he help you with it? The elemental is the element, as the key to this is that the element you chose to summon, appears and comes as a living elemental form.

Controlling elementals:

The fire elemental needs a strong will as its harder to control, as it leaps about and sometimes tries to usurp your authority. If you deny it what it wants to do. Consume things. In fact, fire elementals are notorious for trying to usurp control over someone. As in possession or upright rebellion. Fighting. They would fight the person who summons them, sometimes.

The water elemental is an easier to control thing as it works with what you say. The air elemental is needing patience as it can go about and sometimes do its own things. As in, making actions that weren't exactly what you said.

The earth elemental is very solid and will work with your request no matter the thought expressed. Rock elementals are a bit different, as rock energy is formed as a 'spirit' of rock in the form you need to exist. It will do as you want and need at the moment. The other elementals are various and for some harder to control, and for others easier to control. Again, the elemental can summon the element its affinity is, sometimes at your command. To appear as you might want.

To unsummon an elemental:

To unsummon it, will and need it to 'exist' or 'be' in its original plane of existence. Then its where you want it to be. Or, dismiss the elemental and will it to unform. And, get this, the elemental will subsist where it is till ya dismiss it to its own plane of existence.

Physical manifestation of an element:

To summon flames with the elemental to become physical. Summon a fire elemental and have it influence the flames into being where you want them. Fire elementals are more able to form them. If you got enough will to summon it, then good job.

To summon other elementals, to create other physical manifestations. Try to summon the elemental and tell it to manifest the effect you need. Feed it energy to cause it to do more. This feeding works with the fire elementals, as well.

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Feeling the Waves

I often think that instead of absorbing energy, in its various forms, as it can lead to vampirism. You may be able to feel the energy vibrations, of which come from various elements and still feel effects. So you can do that, by imagining and visualizing the color of the element as a wave of energy that brushed against you. When its brushed against you several times, the element energy, can cause you to feel different.

So, imagine or visualize the element color coming in waves to roll around and away from you. Don't absorb the waves. And the color makes the difference as to the result. Combine the colors to create more combined elements' effects in visualization or imagination. This be called invoking the elements. So be warned, it should be mentioned that practicing this technique can disbalance the practitioner. Thus, I would try grounding to get rid of the excess energy. Basically, imagine yourself attached to the the earth and rooted there, and sending the excess energy throughout that link. It balances out the energy.

Some colors are	
Color	Element
Brown or Green	Earth
Red	Fire
Amber	Sunlight
Blue	Water
Clear white or Yellow	Air
Silver white	Electricity
Light red	Light energy
Black or Dark brown	Darkness

What they can do:

For electricity: By not absorbing electricity, but feeling its energy waves, you can get energized, you can also heighten your senses and feel more alert. As in, you can perceive things like auras more easier.

With light energy: You can feel cold then hot and then feel lighter. But this may vary on those whom try and feel for it. As some also can feel energized.

With sunlight: This be mostly fire, but it may cause different results. You can feel energized and clear headed by the amber waves crashing against you, as well as more heated.

With Darkness: Its voidal and can neutralize any result or energy. By sucking it up into itself. It calms the mind and can cause you to feel weird. There maybe other results with Darkness as well.

With the others: It varies per person to person, on the other elements.

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Skyhawk

Incorporeal magick

When you try incorporeal magic, you try to do things spiritually. And, essentially, you get the effect of working with elements and magick on a more powerful basis. This is the effort of the conscious with the subconscious, to more fully understand and use the spirit in magical actions. So, when you do the act to get magic done, you invoke the spirit and the effect you want. Mainly, at first, you use the intent and the spirit trance. What you do incorporeally, is done and unless you find a way to reverse the effect, accept it with a laugh and go on.

This trance is the effort of breathing in and out, in with fresh air and out with bad air till you feel drowsy and more focused. Then, when you try to get certain efforts done, you decide to get results. Then you will or state your intent. NEED the effect to get done, using spirit to make it manifest. This makes a conscious effort to get certain results with a trance. As you advance, you can instinctively do the act of spirit effects with ease and no trance needed. Thus all you need to do after this, is think it to make it happen. Personal power is a part of this. The more personal power, the more ability you have to use and the more understanding. What you do is use consciousness to guide the effort.

For corporeal magick practice. This is a more powerful version of magic than incorporeal magic. You must learn to unlock the floodgate near the pineal gland. This holds the secret to the corporeal magic. Learn the techniques that come from it, to allow it being kept open by experimenting. Or, you might feel you might die without it. Its a pressure that builds up and makes you feel better. You will need to keep your head empty and remain intelligent, by using reminders. Through activity, this in turn will allow you to cast powerful magical spells. So anyone trying to listen in will never hear your thoughts, unless the practitioner wants their thoughts heard. Try to live in a constant state of meditation or trance for an easier time. This is easier for only the benefits you may have heard of.

Practice corporeal magic using the conscious awareness directing the subconscious effort. Doing what incorporeal things you need to do, mainly the trance, as you consciously focus your mind and direct the spirit with your will. Also, keep the pineal gate open as you do the necessary deeds to get corporeal practices done. Corporeal magic can kill demons, angels and

aliens more easily than incorporeal magic.

Corporeal magic does not effect the physical, unless you add death energy to its effect. This can manifest various breakdowns and efforts of destruction. Including death energy degradation of the body, with mainly rot and malfunctioning body parts. This does not include corporeal magic that uses other elements, where you summon by thought and conscious effort. Also, with corporeal, you can generate life forms that are lifelike and seem real, yet they are ethereal. Things pressed against their form will sometimes pass through them.

There is a moment where you might think incorporeal is corporeal. The pineal gate opening and remained opening will make incorporeal magic corporeal. How you open it, is to imagine energy going through the gate and visualizing the gate opening. Keeping it open is telling your subconscious to keep it open. Mainly, willing or stating 'keep it open' with your conscious effort. Practice when you have to, to get the feel of doing this on a moments notice. Avoid doing strange things in the open and where you are observed. Unless, you can disguise the effort, as in claiming something as something else that you do.

There is a need to practice the incorporeal magic to get better at it. So, make use of private time and raise your personal power. Try doing things to get results and make the magic effective. When you attempt any spiritual effect, you practice it. As long as you work to get better by doing effects, using spirit and whatnot. Your practicing. So what you need to do is to make spiritual effort and use your conscious awareness as you do this. Then, you are getting better effects each time you attempt to do any effect. The intent makes the effect and when you do something to build Ki up, you get more effects. So, you make any effect with incorporeal magic after awhile. Remember, what you do with spirit, is not undoable. Unless you use the effort to repair the damage you did, that is.

Death consistency is sometimes necessary for corporeal magic. You merely consist of being near death energy and cause death as you can, in many forms. Be around death, unless you can't stand it. However, send all your death energy from you. Imagine it going from your body, through the window, or being formed into a weapon. This is where you expel the death essence and think it molded and shaped into a formed shape. This can be any shape that you direct by Ki or thought.. but mostly if you want to kill something effected by death, use death essence to be in the offending object or thing.

Enough of it, can kill nearly anything. Ki is built up by energy that is focused and gathered into the body through activity. This is kung-fu by practice of nearly anything you do. The more Ki

you have, the more energy you get to use with the control of an element. This means you get more personal power and effect.

When you use death essence with the spirit to make effects with it, then you get powerful effects. This is where you get interesting, as if you form a blade of spirit energy. Then, use it to project energy forth. This is where you get to mix death essence with the elemental energy and cause havoc. Imagine the blade to be coated with death essence and an element, and then be near the being to use it on it. This and other ways can be used to fight off aliens and Gothic aliens. Form a spirit shield of death essence and you are protected from nearly anything except Gothic aliens. This is done by imagining spirit swirling around you. Then, it hardens into a shell that can kill nearly anything that gets near touch distance. It can be any object or place that can be formed as well.

The spirit drain of life, thought or concept is the focusing of a spirit finger. This is then to form by will and cause draining of knowledge and experience. This is where you create the effort of gaining the attribute you want, as you imagine the person touched by the finger. To get out of it, try to will it away or make the person who is doing the effect to stop. This is done by imagination. Sometimes, the death is necessary of the person who does it. Especially when backlash happens from negative energy.

The spirit giving effect is to imagine the spirit finger touching a person. Since you focus on something, you send that as energy into the body. The energy of your spirit and the energy of that which you focus on, goes to the body. What you think, the body also takes in as thought. It can be spoken unknowingly. A life giving effect, is to imagine the body coming back to life. This can raise the body to a living state. Only when the body is not unfresh. You may give a gifted ability, in the same manner by spirit touch and the thought intended as the ability.

The spirit manipulation, is to use spirit to work with life energy and cause life to be arranged. There is a chance that rejection could occur. Where, the people who are effected of this don't want the changes. But, life has a way of making the people who get effected to adapt to any situation. Thus, in the end they accept it.

The spirit manipulation is done by focusing your mind and trance. Then, there is the need for something to happen. This is reflected by your feelings that are counted as an intent with actions. Then, the consequence of getting a result. The spirit sees your need as a thing to be done. The subconscious is guided by your consciousness directing the need. The subconscious causes the life energy to do the arrangement by

effect. The effect is your expressed wish or desire, need and whatnot. The result is your basic arrangement of someones life, thought or desire.

Skyhawk & Joshua

All about runes and sigils

What runes be are a symbolic line drawing that are empowered by thought and actions and they can be letters as well. Whereas, a sigil is a symbolic line drawing/carving that is empowered by thought with actions. The runes are a dialect of symbols meant for reading/writing, divination, and magical (re)actions. There are thousands of runesets that come from across the globe. Amongst them be the alphabet with 26 letters, [the elder futhark with 24 letters](#), the chinese alphabet with over 1000 letters listed [here](#) and [here](#), the [greek alphabet](#) with less than 26 letters, the sea-elven (atlantian) alphabet of over 1000 and letters and the [arabic alphabet](#) with 40 letters. To make a sigil or rune, ye use a sigil and rune quest to make a new sigil or rune.

Now to use the runes in reading/writing, divination and magic and the runequest look at the small menu below:

[Reading/Writing](#)
[Divination](#)
[Magic](#)
[The Sigil quest](#)
[The sigil/rune efficiency](#)

[Runepages](#)
[The rune and sigil page of 200+](#)
[The Elder Futhark magic use pdf](#)

Reading and writing runes

To read and write with the runes ye must be familiar with the alphabet itself. The way the culture writes the words and phrases are how to use them. Such as chinese write downwards and english be written left to right. Atlantian is written any direction that be a line. The arabic alphabet is right to left. To read the written alphabet ye think of the meaning association that fits the letter.

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Divination

The way of divination be to make the runic sigil tile first by carving or burning the entire runeset into or onto an surface while thinking on yer need for divination on some form of material sliver called tines. The tine material should be used as to yer craftsman level. What materials be there? Wood, stone, paper, metal or bone be the prospects. A runic tine set is a carved runeset and these rune tines are kept in a rune bag for divination or magical purposes. When making the tines wait a day before usage because each rune takes a little energy from the air and after the entire runic tineset be made their is very little energy so things could fail on ye.

Now after the runeset be carved and a day passes, draw the runetines from the bag one by one as the drawn rune or sigil will impart an image of the future to yer mind..Draw the runes till ye get a clear enough picture of what might happen for the person ye drew them for or yerself. thus ye write the vision down or try to remember it. Its best to do this live as one live future tell will clarify many things and try to use instinct as instict will tell ye true. The Elder Futharc Divination meanings are [here](#).

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Magic

The way of magic with runes and sigils is to draw the rune and sigil or carve it into something while knowing and thinking about the purpose ye have for it. The elder futhark runeset for magic purposes is [here](#) and some others are at the [rune and sigil page](#). Upon ye drawng the rune or sigil ye will find the rune had taken energy from yerself, the air surround, and the rune/sigil creator. The rune or sigil returns the energy to the area and the rune/sigil crator after its done, almost doubled. This achieves the immortality of the rune and sigil maker and grants the rune and sigil maker power for each time that is done, as to mention a name of that which was created by a person gives him power by its use. The magic rune comes in three forms of script form, lockrune form, and simple form.

Rune and sigil scripts are the runes and sigils in a straight line

in certain number groups called magic clusters of 3, 5, 7, 9, 11 and 13. The metallic numbers or antimagic clusters are 2, 4, 6, 8, 10, 12, and 14. These rune and sigil clusters are for indicating a certain outcome to make happen by influence. A working common sense of the rune and sigil itself be necessary for a competently made rune and sigil script and that includes knowing the rune or sigil. The Antimagic clusters work because of the material bonding of pairs and by using the pairing numbers ye use the power of the logical consequence and metals. The use of the antimagic makes the effects sometimes opposite of the intended meaning. Using the magical clusters ye use illogical influence to make things happen as depicted in the sequence. The effects of the magical be positive results to the intended runic sequence. The occurrence of Antimagic actions can be to do the action sequence from right to left and opposite as depicted by the runes in a line. The effects of the magical actions can be to do the actions in order from left to right and as the crafter would want.

Now the lockrunes are combined into one flowing design to make something happen. The effects flow together to have an effect of single purpose and the same rules for the runic scripts apply here of magic clusters and antimagic clusters. The magic cluster lockrune makes an effect of the total number of runes whereas the antimagic cluster lockrune makes for the single effect to be negative based. Flipping the rune reverses its meaning, making positive negative and negative positive. The antimagic runes are all negative and have devastating effect from a positive source(ye) and the bad energy of the rune/sigil create havoc, for its based in math as $ax-b=-c$ or $1x-1=-1$, unless handled right, as in not thinking of yerself as ye draw it. If ye use a negative source with the rune from source linking ye will get a positive result, as a negative with a negative gets positive. Like in math where $-bx-a=c$, or $-1x-1=1$ where the positive source with a negative rune gets negative.

As temporal runes are temporary runes and considered temporary for the fact that their objects placed that look like or mean the rune or are in the shape of the rune and resemble it. And they can interact in time as well as if they were long lived runes an its as 1 minute of effect can be 100 years or a minute of effect somewhere else. As in a scarf that is placed in a pattern area, in the shape of the rune or sigil, which acts as the rune or sigil and in whatever time as necessary as all runes or sigils carved or otherwise may do. To do as is in efficiency of what the rune or sigil is.

Finally the single rune or sigil by itself has the effect of the magical effect ye know as listed in a runic or sigil listing like "A Practical Guide to the Runes by Lisa Peschel." This be excepted by the effect of making yer own runes and sigils, in which ye

make the meaning. The Magic of the rune and sigil itself comes from the belief, and the will to allow the rune or sigil to enact itself as most runes or sigils are intelligent by ye imprinting the object on use with yer mind, and will do as it must to achieve the result. This makes the rune and sigil sometimes unpredictable as it chooses the route of idea to achieve rune and sigil movement.

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The sigil quest

The sigil quest is by two methods and the first method is that which makes the rune and sigil through effort of actions done toward making it and thats an effect created by yer mind and this starts with the concept ye want to achieve with a sigil. It must be a worthy concept or the effect is wasted. The sigil then starts taking form in yer mind as ye do actions while thinking on the sigil ye would want and after each action that ye do it takes on its form even more. After a while, the sigil will cause ye to draw itself in a moment ye be unaware of, on anything including air. After being drawn ye will recognize the sigil anywhere ye look as it will give ye immortal power the more its used.

Then a second method is of the sigils that are quick made as to be through thinking of the effect and drawing the lines, as to what ye want of it or want by it. The effect is of sigils that are drawn and powered by the mind in a form of soul harmonizing, by use of the mind and cause, and the actions are the drawing. Sharing the sigil by use or drawing/carving it will strengthen it. Once its made by any of the methods, its to use it or see it, as made into things, as of objects or a persons use. As its used, ye are empowered each time.

But if ye disbelieve, its just the same as though they still might work if created by someone else or they won't if created by ye, if its yer design and desire, as its only a drawn line on in something without yer belief. Ye can also break a rune or sigil by pouring energy into the weak part of it, especially if its just created. The point where a line meets a line is the weak part. Yes, ye can use part of a rune as the focus for yer energies.

So to just try to make a rune or sigil, is as to feel the power of a source or nothingness going into the sigil and that makes it happen easier. Just feel the sigil effect by imaging it and let yer hand draw it as ye don't have to see it. Then for the rune, ye make it a symbolic letter that it represents.

There is the fact that a rune or sigil exists, as also other somethings as an object somewhere or a force that creates events in and of an objective force that will work with the idea, as ye have at the moment an interaction or intereaction happens to occur the effect. This something has a useable symbolic link that may be if used as a rune or sigil. In which ye act the part of the symbolic meaning of the rune or sigil and ye get a result.

Due note: The sigil creation, just requires a description of what it does magically, to describe the new sigil. Whereas, with the rune, ye can assign a meaning of what it does for being written as text, a description of its actions magically and optionally a letter for it to represent. If ye make a runeset then ye can assign various letters to it, as though it were an alphabet. Its up to ye how many letters ye want to create.

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The sigil/rune efficiency

Inscribed runes and sigils on paper, or other medium have the 'balance' power of the runes. We measure the runes and sigils power by the base of them being inscribed on non-descript writing material. Surfaces such as wood, stone, glass, cloth add extra power. The different colours used add differing properties. The time taken and dedication to the rune and sigil inscribing will add potency. Accuracy of the rune and sigil being inscribed also increases potency. Whereas erratic runes and sigils can have bad effects. As in, not the effect ye desire.

Runes and sigils, drawn on the body with pen or paint, have slightly increased strength than written paper runes and sigils. As the rune or sigil rubs away so does the power, though an astral residue is left.

Residue - This is left when a rune or sigil is scribed on anything. The more violent the destruction of the written rune or sigil, the faster scatters of the energy from the birth site. Runes and sigils on stone, worn away by time leave an astral print that ebbs away for the length and potency depending on the original rune and sigil. Runes and sigils inscribed on flesh follow the spirit and soul once it has left the body. These are nekros - false and dead runes and sigils.

Runes and sigils inscribed into flesh (scarrification) have the ability of giving instant power to the one it is written on.

Properties better used on different chakra points or limbs, the power granted directly linked to the rune and sigil carved. As the scar stays deep and visible, the power continues. Power decrease for small scars and others that have healed over years.

The power-giving property is why rune and sigil carving is seen mostly as satanic. It has the property of instantly giving energies without divine intervention from spirits or gods, highly disliked by many religious sects though ye will see the priests and tribal priests use it themselves. As the wound heals, the rune and sigil is bound to the spirit of the person. (Think of the canisters in Geneforge, without the madness)

Incomplete runes and sigils on skin have a decreased power and a distortion in the power, though it can be fixed by the completion of the rune and sigil, harder to do as it ages. Badly inscribed runes and sigils and malformed runes and sigils also have a decreased and distorted energy signature. Rubbing ashes (Only use the natural antiseptic wood ash unless ye want blood poisoning) into the wound when open can darken the scar when healed. It is hard to judge the appearance the rune or sigil will be and it's strength due to keloiding though with body manipulation this can also be negated. Tattoos as runes and sigils give the same effect as writing on paper - because of the soul link, they do not bond with the person and only a slight increase in power is seen.

<http://en.wikipedia.org/wiki/Scarification> For more skin carving information

Material properties have an effect on the rune and sigil, as inscribing on wood will give a connection to the earth element, inscribing on crystals will add the original crystal property which is why it is good practice to use materials that work in harmony with the rune/sigil intention, just as ye would with elementalism.

Rituals also increase the potency of any type of rune and sigil.

Colour properties in runes and sigils -
http://www.colourtherapyhealing.com/colour/colour_properties.php

The runes and sigils to be given the least of all strength are ones drawn through the air, figurative runes or sigils and astral runes or sigils, though in effect these can be quite powerful as an abstract item.

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Source from A Practical Guide to the Runes
Rune thread of Casaumbrae

skyhawk