

ANCIENT MAGIC:

A

WORKSHOP

TO GET

WHAT YOU

WANT



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WHO IS HERMES

WHO IS THOTH



The magical lineage that informs this workshop can be traced back through the Hermetic line to the days of ancient Atlantis.

12,000 years ago there was a great architect in Atlantis named Djauty (Daahoot).

Djauty was the wisest person and was in charge of how to build reality.

This person re-incarnated into Thoth who carried this wisdom into Egypt after the fall of Atlantis.

Thoth became a great ruler in Egypt (which at that time was called Kem) and was relied on for magical wisdom. He was extremely influential and the people revered him and used his namesake in their magical workings.

When the Greeks came to Egypt they assumed Thoth into their own Pantheon as their God of Wisdom, Hermes.

This may also be another reincarnation and could be the reason he is referred to as Hermes Trismegistus "Three Times Great".

The teachings of Thoth the Atlantean are contained in the ancient writings known as the Hermetica and have been passed down through time in the ancient mystery schools.

The teachings of Thoth are important in modern magic because they give us a basic understanding of the rules of our reality. This reality has not changed, however, our ability to grasp these concepts in a simple way has.

It is also important to mention that we are at a time and place in the evolution of man that is very much like ancient Atlantis. The Atlanteans, however, were on a de-scension path and we are now on an ascension path.

Thank goodness!

*True freedom lies in your ability to
understand
and influence the divine rules of all
reality.*

YOU CAN CHANGE YOUR REALITY YOU HAVE THE POWER

7 HERMETIC PRINCIPLES



1. **Mentalism**

“The all is mind, the universe is mental”

The universe is a mental projection of our thoughts. Our thoughts therefore, shape our reality. For anything to be a thought must precede it. The Universe is a projection of energy from the mind of God/Source. We are an extension of this energy therefore an extension of Source. Anything that Source can do we can do.

Learning to control your mind = the ability to control your reality.

2. **Correspondence**

“As above so below,
As within so without”

There is correspondence between all that exists in the universe because everything flows from the same source and is therefore subject to the same laws and cycles. The world outside us is a reflection of our inner psyche. What we hold in our thoughts becomes our reality and therefore it is important to be extremely aware of our own thoughts and the actions we take.

3. **Vibration**

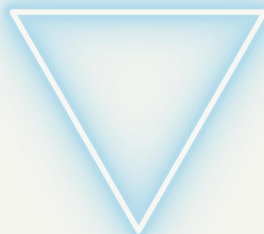
“Nothing rests, everything vibrates”

Both spiritual energy and physical matter hold a vibration. The more aware we are of our thoughts and the more we focus on the positive aspects of life, the higher we vibrate.

Love vibrates high and fear vibrates low.

The vibration we tune ourselves into is the signal that will get sent out into the universe and will attract back to us what we are focusing on.

Vibrational hygiene is going to become very important as we step up into the new earth frequency as a consciously evolving species.



YOU CAN CHANGE YOUR REALITY YOU HAVE THE POWER

7 HERMETIC PRINCIPLES

4. Polarity

This law states that opposites are the same thing at varying degrees. For example, love and hate are both expressions of a relationship towards something on opposite ends of the spectrum. Polarity is the foundation of Alchemy that allows us to transmute energy. Being able to create your reality requires being able to identify a negative thought and transmute it into a positive one.

5. Rhythm

Between the poles there exists a rhythm. This exists in the microcosm and the macrocosm. The tides of the ocean to the inhalation and exhalation of our breath. It is consistent and something that we can count on. It is the tempo in which the universe expands, expresses, and exists.

6. Cause & Effect

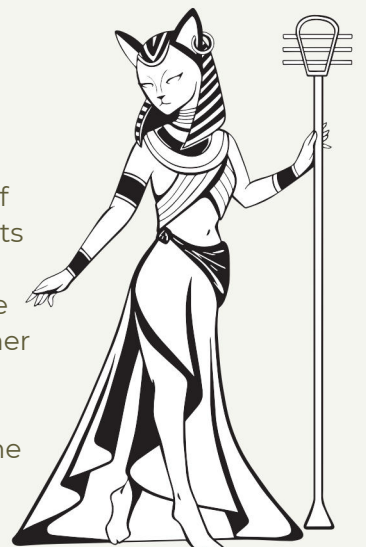
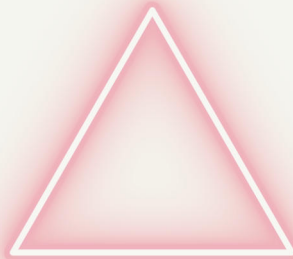
AKA Karma

The cause of one thing is an effect of another going back in time to the very beginning of time. It is important for us to notice the cause of our thoughts as well as the effect. In this subtlety we see that we have a choice and in that choice we transcend victim mentality and become masters of our life and creators of our reality.

7. Gender

Gender manifests in all dimensions. Everything has masculine and feminine aspects. This is a representation of energy in all things, not just our biological sex. Gender exists on the physical, mental, and spiritual plane. The unity of these energies is essential for creation. When one has the balance of both, they are able to apply all principles together for maximum benefit.

Balance is the key to self-mastery. The Buddha explains the balance of these energies as the middle way.



7 PRINCIPLES OF PRACTICAL MAGIC

ONE

Magic happens through synchronicity. Synchronicity is a constellation of events that share a resonance of meaning but are not connected by conventionally observable causes.

THREE

To invoke a specific synchronicity into your life you need to invoke the influence of a specific deity that creates the type of energy signature that matches your desire. For example using Venus for a love spell. Note for newbies. You have no control over what synchronicity the deity will generate for you, you can only be as appropriate as possible and hope for the best.

FIVE

The deity you invoke can only create synchronicities in your life within the given parameters of your personality and mundane channels. This is why magic is best preceded by the deep inner work. So that you do not block yourself. If you are still dealing with unworthiness a deity cannot overcome that for you.

Deities can, however, trick us out of our comfort zone and into growth. Magic is a trickster's game that helps us detach from our little ego selves. If you are not ready to identify with your higher self, do not practice magic.

Synchronicities can arise from practicing magic that can be very offensive to the ego. However, if we are ready, we can use it as a wonderful learning process and badassery tool of spiritual transformation and evolution.

SEVEN

Attachment to getting what you want is a symptom of a divided will. The less attached you are to the outcome the more beautiful your result will be. The more portals of manifestation will be open to you.

TWO

Synchronicities happen under the presence of archetypes, otherwise known as deities. Deities are energy signatures of influence. For example, Archangel Michael and the Planet Jupiter.

FOUR

Invocation is a process of creating multiple levels of resonance with a specific deity through gifts, approval, love, mimicry, time, and space. In invocation you deliberately begin to inhabit the deity's energy signature to shift your environment to embody more of the deity's perspective and influence. You must be vulnerable to being altered by the deity in order to invoke it. Influence is a two-way street.

SIX

Your results reflect the state of your will. If you have a divided will, you get divided results. You will get the desires of both your conscious and unconscious self. And so, I suggest that before partaking in practical magic you become extremely aware of your shadows and all your unconscious desires of unworthiness or otherwise. "Having is evidence of wanting". You have been unconsciously creating your reality up until now. Whatever is around you has been created by you.





THE ELEMENTS

Fire to Alchemize

Water to Clear

Earth to Ground

Air to Heal



ALCHEMY

Alchemy is the initial thought and realization that the energy needs to be transmuted. The steps taken to adjust the energy.

Alchemical psychology is the process to know thyself. To know the conscious and unconscious mind and to be free of the shadows that destroy our lives.

Whether it is a story, a habit, or a connection. Whether it is to bind or to break.

The Alchemical process breaks down reality to its essence to extract the pure potential.

TO BIND:

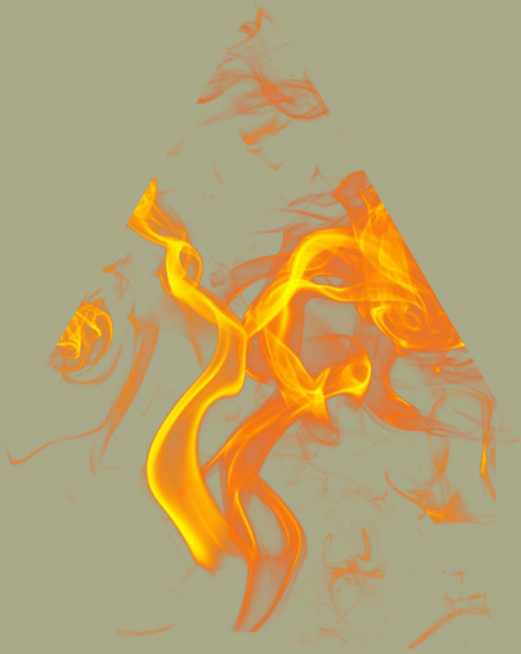
This is why practical magic works. Binding the different resonances together in order to invoke the deity of our desire. We are attempting to work with the essence of that desire.

The essence of the desire of love could be an orgasm, it could also be red roses.

TO BREAK:

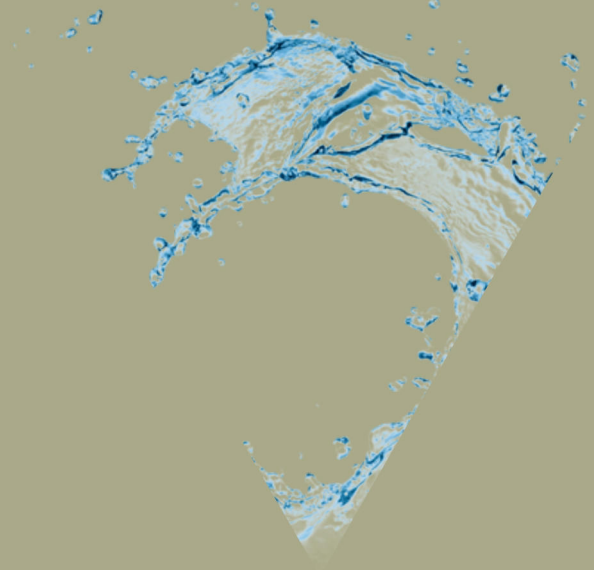
This is the process you use to free yourself from energy that is hanging onto you but you no longer want in your life.

There are many different rituals, that can be performed in this instance such as chord cutting, letter burning, etc.



FIRE TO ALCHEMIZE

To burn is to alchemize. To change something from one form to another. Water to steam, cloth to ash, desire to reality. When we burn things, we release their essence. Releasing the energy into the universe. This can be used to bind or to break.



WATER TO CLEAR

Water connects us to our emotional body. We can use water to indicate the emotions of certain stories, habits, or connections. You can use water to wash away or to wash within (ingest). For a lot of magical transmutations, you will use your own discernment as to which element you employ. There is also practicality to be considered, i.e. you would not flush a piece of bark down a toilet, you would burn in or bury it.



EARTH TO GROUND

Anything that is too heavy to wash away can be returned to the earth. It can be offered to trees or buried in a designated special place. Earth represents our body. You can place your feet directly in the earth if your mind becomes too much to remind yourself you are part of a larger whole.



AIR TO HEAL

We are magic. Our breath is our essence. Being present with our breath and body is the most empowering thing we can do for ourselves. The realization that we are alive in this moment in time and place in the Universe.

CAULDRON TO BURN

First - a cauldron is any contraption that is able to hold a flame & that you intend to use in your magical workings. Your cauldron can be something that has been passed down, something you find, or one that you buy.

Second - your cauldron needs a name. Don't force anything and do not shy away from silliness or pop culture references.

A small cauldron can be kept indoors and used for specific spells. For burning small pieces of paper, hair, string, etc.

A larger cauldron should be kept outdoors and can be used for magically intentional refuse.

When you live with intention you are more aware of your surroundings & messages from the universe.

Significance will arise from your environment in various shapes and forms.

Examples include words that spring forth into your mind and must be written down, pieces of ribbon, kitty whiskers, plant litter, etc. etc.

*Living an intentional life
creates an awareness of
meaning in your immediate
environment.*

This heightened awareness can also create clutter as you may not want to let go of things which hold a special meaning to you.

However, this clutter will actually keep you stuck and not able to see the new signs that are coming forth into your present experience.

The cauldron can be used to send that wonderfully intentioned piece of information that came to you back into the universe with reverence.

Burning the cauldron can be as practical as taking out the garbage or you can use it in ceremony under a beautiful full moon. You decide!

JUPITERIAN SPELL FOR PROSPERITY

Practical magic brings sacred ritual into everyday life and affirms that what you want is important to you. This is an extremely spiritual and powerful practice.

By practicing magic you are showing yourself that you deserve that which you desire. You are owning your S*#!

How your spell is executed is best determined by your personality. For example, if you are a minimalist, keep it light, and if you enjoy crystals, incorporate a lot. Remember, invocation works both ways, so you want as much of you in the mix as possible.

Use an altar to perform your spell. An altar is a plate or other flat surface that is dedicated to your desire and the deity you wish to invoke to help you. You will set all the items you choose to use on your altar. It will be a physical representation of the desire that exists in your mind.

**FOR MAGIC
PERTAINING TO
SUCCESS IN
INCREASING HEALTH
AND PERSONAL
SOVEREIGNTY,
ESPECIALLY LONG-
TERM PROJECTS LIKE
GROWING A
BUSINESS OR
CLIMBING IN YOUR
CAREER, ALSO FOR
EXPANDING
AWARENESS AND
ATTENTION.**

**The energy of generosity,
expansion, benevolence,
good luck, parties,
“joviality,” storms and
lightning, ruler of
prosperity and wisdom,
ruler of Thursday, tin, &
blue.**

Scents: white sage, clove, nutmeg, nag champa, star anise, juniper berries, peppercorn, & fruits in general

Stones and minerals: lapis lazuli, blue tourmaline, turquoise, blue lace agate, sapphire

Plants: High John the Conqueror, oak chestnut, balm of gilead, hyssop, nutmeg, licorice, valerian, Queen Anne's lace (wild carrot), carnation

Drinks: anything you would serve to honour a rich benevolent grandfather who loves you: fine whisky, fine coffee, fine tea

Foods: see above, also roasted red meat and vegetables

Step by step:

Day: Thursday

Your Intention: What do you desire?

Altar will include:

- lapis lazuli crystal
- dried valerian in a cleaned-out soup can
- small wine glass filled with tea
- Roasted vegetables
- A blue candle
- Nag Champa incense

Arrange everything as you are inspired to do on your altar. Remember there is no wrong way to do this.

Cast your Space:

You can incorporate any callings here that you use to create sacred space. Take a few deep breaths and settle in.

- 1.Fire to alchemize, light your candle
- 2.Water to clear, note the drink on your altar
- 3.Earth to ground, your food offering
- 4.Air to heal, light your incense

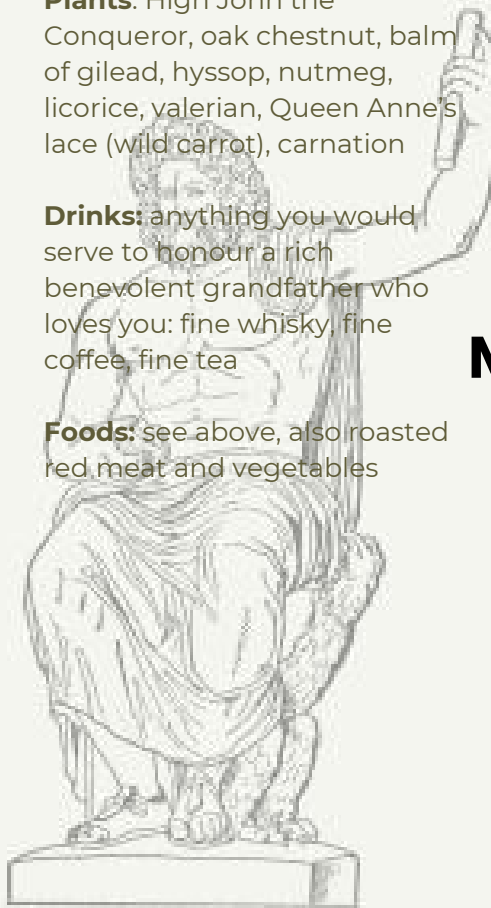
Take a small piece of paper and write your desire on it, meditate on your desire. Be grateful for everything you already have. Do not lack for anything especially not your desire. Burn the paper.

The more time and energy you give to this work, the more important it becomes to you. The more intentional you are of every step the more enriched you become in the resonance field of the deity within the time/space of the spell and the more influence it will have in your life.

Use your Cauldron to get rid of any magical residue!

**Magic is a reflection
of your belief in
yourself**

**Know thyself
Love thyself**



MEET YOUR HOST

intentions



Hey Lovely, my name is Alecia!

I am a mother, daughter, sister, child of earth, soul from the stars.

My personal spiritual journey has taken me through the Hermetic traditions back to the times of ancient Atlantis. I am guided by the idea of a future free from fear and excited for the collective evolution of human consciousness.

Through my business, Intentions Yoga, I provide high vibrational practices that empower other souls looking to improve their lives through spiritual practices.

I would love to connect:

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