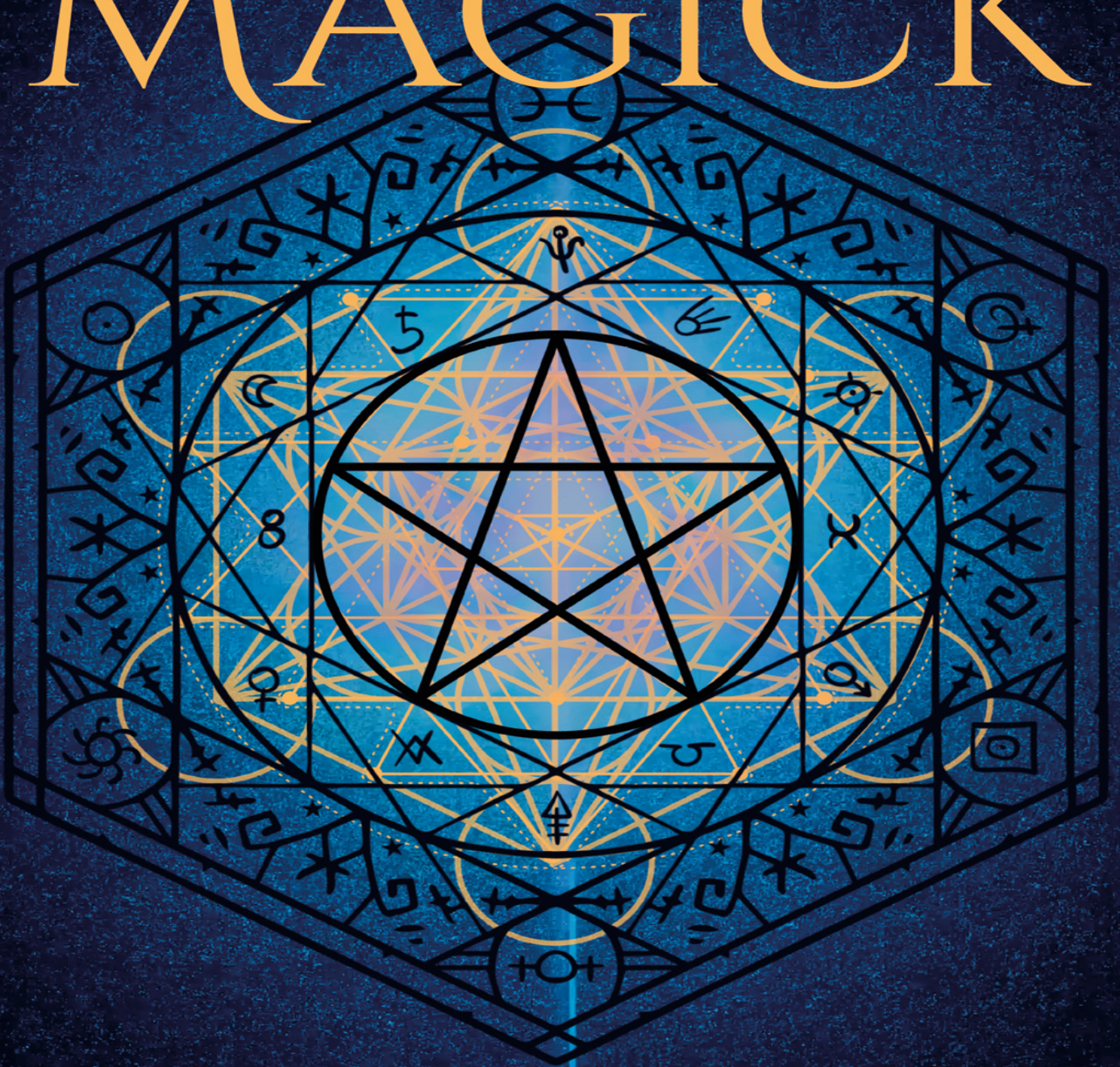


# ENERGY

*A Basic & Advanced Guide for Witches & Pagans*

# MAGICK



MARK NECAMP JR



## What people are saying about

### Energy Magick

Mark and I have been good friends for quite a few years, so I was pleased to receive and read his first book—a comprehensive manual for a wide range of energy magick, both introductory and advanced. All of the exercises and practices are designed to be done by the individual practitioner, and they are all based on visualization techniques he presents in the first chapters. No physical tools, candles, herbs, statues, altars or special regalia are required—only a disciplined mind. Straightforward practical instructions and easy-to-follow progressive step-by-step exercises teach creating sacred space, grounding, centering, meditation, healing and cord-cutting. Detailed information with tables and diagrams cover chakras, auras, energy bodies, runes and sigils, and astrological correspondences.

The later section on advanced energy work provides complete instructions and practical exercises for astral projection, shielding, setting wards, Shadow work, trance journeying, evocation and invocation, creating egregores, spellwork and ritual. The final section is a concise Grimoire covering offensive and defensive magick, spellwork for protection, prosperity, success, empowerment, and personal spiritual evolution.

No magickal library is complete without this practical workbook on energy magick. It is a valuable resource you will return to frequently.

**Oberon Zell**, author of *Grimoire for the Apprentice Wizard*, and *GaeaGenesis: Conception and Birth of the Living Earth*

*Energy Magick* is a refreshingly straightforward primer on all the important aspects of magical work which are too often glossed over or rushed through. This book will walk you through understanding what magical energy work is and how

to do it for any purpose, from daily essentials like grounding to advanced work including shapeshifting and breaking curses. A must have for any witch or magical practitioner.

**Morgan Daimler**, author of *Fairycraft* and *Travelling the Fairy Path*

All witches need to be able to manipulate magical energy. It's a fundamental skill taught in all good covens as basic training, but if you're a solitary practitioner learning on your own, you're likely to need help. *Energy Magick* by Mark NeCamp, Jr. is the perfect guide – an instruction manual for all kinds of magical energy work from grounding through to invocation and evocation. It explains what these forces are, how they work, and how you can learn to sense and manipulate them. At each step of the way there are practical exercises. The book is in two sections: basic energy work, and advanced techniques. If you're a complete beginner I'd recommend working your way through everything. If you're more experienced, skim the early stuff as a refresher, then go on to section two. This should be an essential text for any trainee in the magical arts. The book is well written, concise and packed with useful information.

**Lucya Starza**, author of *Candle Magic*, *Poppets and Magical Dolls*, *Guided Visualizations*, *Scrying*, and *The Wheel of the Year*

NeCamp's excellent book cuts through the fat of traditional spellwork and shows the reader how to perform magick directly, without the cumbersome tools that can be intimidating and cost prohibitive to the beginner. *Energy Magick* is a valuable resource for practitioners of all skill levels.

**Logan Albright**, author of *Libertarian Paganism* and *Conform or Be Cast Out: The (Literal) Demonization of Nonconformists*

# Energy Magick

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for Witches & Pagans



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for Witches & Pagans

Mark NeCamp, Jr.



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I dedicate this work to my ancestors, gods, and teachers without whom this work would not exist; as well as the long line of practitioners- living and dead- that have done the never ending work of bearing and passing on the Promethean fire of Knowledge, Enlightenment, Reason, and Magick.

I also dedicate this to my friends, students, clients, and magickal colleagues that have been with me on the journey of life and the pursuit of wisdom and happiness.

### **Disclaimer**

The information given as part of this book is strictly for educational and entertainment purposes. In absolutely no way is it meant as a substitute for proper medical diagnosis and treatment by registered healthcare professionals. It is very strongly recommended that you consult a licensed healthcare practitioner for any physical or psychological ailments you may have.



# Introduction

What is in these pages is magick. You can be balancing your chakras, doing hands on healing, casting a spell of protection, or casting a love spell and still be practicing a form of magick.

There are many definitions of magick. To me, magick is a calling; it is the soul's calling for the twin needs of safety and freedom, and the desire to make one's will real. It is both a means to an end, and a way of life. You can use all sorts of tools and techniques to do magick – and there are almost countless books, videos, and lectures on the subject – but what really makes someone a practitioner of the Art is to do magick and embrace all the wonder the World has to offer. The work before you covers the energy of magick itself in its most pure form.

## **Why We Do It**

Magick can be done for many types of purposes such as healing, protection, financial gain, romantic love, and many others. Often, when someone wants to do magick, it is to benefit someone or something in ways they could not accomplish with normal, mundane means.

Magick is also a way to connect to others, the gods, the ancestors, and to the Universe itself. It is these connections that foster our spiritual development and can help us to become more than what we are.

## **What Is Energy Magick?**

Energy magick is a way of practicing magick by directly manipulating reality. The aim of this book is to work directly with the sources of magickal and psychic energy with our hands, minds, and will to affect reality directly. You will not find traditional spellwork here. Your body will be the medium

that magick happens and flows through. For example, instead of doing a healing ritual, one would work directly with the energies of healing and direct them to where they are needed.

When metaphysical techniques are first created, they come from mystical experiences. These experiences can come from anything from meditation to the use of psychedelics, or any prolonged stress on the body that liberates the body from its normal sensations and allows the consciousness to access a more subtle spiritual reality. In these mystical states, the practitioner discovers how to connect to the spiritual, manipulate and direct its energies, and affect changes in the physical world. Mysticism and magick are two sides of the same coin.

For example, a practitioner might fast and meditate for days to get into a trance state and they may have visions that they later record, sometimes using symbols and metaphor, in order to communicate the feelings and spiritual insights that they had. They can then use what they recorded and learned for future magickal workings. Another example is that a practitioner may dance intensely until they get into a trance state and then make certain movements with their body and feel inspired to feel certain emotions. These movements can be repeated to access those feelings later and be used as a tool for other workings.

The main differences between this book and most other books of magick are that:

1. It takes its foundation from the root practices and magickal philosophies of many common magickal schools and not just one.
2. This book uses virtually no physical tools.

This book is brought about from studying everything from New Age healing to Western Ceremonial Magick; Tibetan magick to Mexican Folk Sorcery. These are just examples and not the full



list of sources. Magick is a common practice across history and the world. In the modern time, we must take a multi-faceted and cross-cultural approach. As someone that is multi-racial and has worked with teachers indigenous to the paths I mention, I am very sensitive to cultural appropriation and do my best not to cross that line. I honor the ancestors that have brought me to this place, the spirits of the land, and all physical and spiritual allies that have brought me here. What all these cultures have in common is that mystics brought down their insights and spiritual experiences into forms they could use later and pass on. I believe magick is for all, and at the same time we need to respect its roots.

If there are any tools used in this book, they will be mostly things you have around the home or are cheap to purchase. This has come about partially due to my practice, but also because I believe magick is ultimately a tool for our personal freedom and should not be restricted by economical means. Energy work is about what you can move and change and not the stuff you accumulate.

This is a book for both the novice and advanced practitioner. When I teach workshops, I often joke that I put the “work” in the workshop and this book is no different. The exercises are very direct and to the point because I do not want you to spend all your time reading about magick but not doing it. All the exercises can be done alone, but some can be done with a partner. If you find a subject that you already feel competent in in the beginning, please skip ahead; however, I may reference beginner exercises that relate to advanced ones.

I also want to make this book fun. There will be lectures, but also stories from my personal experience, case studies, and plenty of exercises to gain familiarity with the concepts.

I am going to assume that you have some familiarity in some standard “witchy” stuff like tarot (I draw on imagery

from the *Rider-Waite-Smith* deck), crystals, magickal tools, etc. If something is not familiar, please take the time to look it up.

This book is divided into three parts:

- “Part I – Basic Energy Work” is a solid introduction to subjects such as basic energy work and meditation.
- “Part II – Advanced Energy Work” covers subjects such as banishing entities, consecrating a space, and moves onto invocation (the magickal art of drawing energies or external spirits through and inside you) and trance journeys through spirit realms.
- “Part III – The Energy Magick Grimoire” is where your mastery of the first sets of tools combines. This covers everything from spellwork to ritual. By weaving various techniques together, they become more complex, stronger, and more effective.

If you are an advanced practitioner that might want to skim the basics to get to the more “fun stuff” of Part II, I would humbly ask that you please read the summary at the beginning of each section to make sure that we are on the same page. At the very least the summary serves as a refresher of what basics are necessary. For the beginner, the summary serves to see exactly what we are about to get into.

I hope you enjoy working through the book and learning as I did when learning these techniques from various teachers and experiences over the years, and I wish you nothing but the best.

### **Note on Writing Style**

I wrote this book as if I was having a conversation with you for the most part. I have been teaching at many festivals, occult stores, etc. for several years, and I try to take a conversational

tone with you, the reader. On occasion, I will add some anecdotes. Also, I use magick with a “k” to differentiate it from stage magic, illusions, and things of that nature. Lastly, I often invite people to “see” and “feel” energy throughout this work. I acknowledge that many other psychic senses develop (such as “hearing” energy), or you may have other sensory issues (such as synesthesia), and where you find appropriate to your individual situation please feel free to adapt the exercises to your needs.



**Part I**  
Basic Energy Work





## Chapter 1

# Grounding, Centering and Cycling

### **Summary: Energy, Grounding, Connecting with the Earth and Sky, Centering, Cycling, Cycling Living Energies, Cycling Other Energies**

The ability for the sorcerer, witch, yogi, or general metaphysical practitioner to do anything effectively comes from their imagination, daring to dream, focus on a specific outcome, and allowing their intent to work through them to manifest their goals. The medium through which this all occurs is through energy. Energy, chi, prana – whatever you want to call it – is an invisible force that flows through all things. Magick is Change, and the constant flow of energy in the Universe speaks to that truth.

The course of this work is how to do magick through manipulating energy effectively. This mastery must be both internal and external, as they are both reflections of each other. This synergy between the internal and external worlds creates a harmony that not only fosters a sense of personal peace, but also makes magickal workings far more effective.

I used to be a far angrier and chaotic person before I started my journey into witchcraft, magick, and the occult. I have been able to find balance, some semblance of peace, and have learned how to grow. I am a better person than I used to be (even from yesterday), and I must give credit to both magick itself and the people that I have met on my spiritual journey.

I think tools in magick are fun to have, and I still have many of the tools I acquired when I first started out. I used a wand to direct energy, an athame to cast circles, a chalice to aid in purification, and a pentacle to help me bless my offerings among many others. I think what led me to using energy more directly

was my training in energy healing that happened at the same time as my magickal instruction. I kept thinking to myself “Why should I use a wand when I can manipulate energy directly?” It was that question and a love of experimentation that led to some of the techniques and exercises below.

## **Energy**

Energy – also called chi, prana, or psychic energy – is all around us. It is in our bodies, our food, our breath, the air, and everywhere else. This energy is connected to our emotions and shaped by our thoughts. I have found that energy follows some basic guidelines:

**Energy is in everything.** Everything is connected through energy, and it is everywhere. This means that potentially anything can be affected by the sorcerer, and the practitioner can be affected by anything.

**Energy follows attention.** Where you focus your awareness is where you will feel energy. It flows based upon where our attention goes. For example, when someone speaks to you and you listen, you are giving them energy.

**Energy can be transformed.** Energy can neither be created nor destroyed. It can only be transformed. Energy is in a constant state of flux and can be transformed by active or passive means. The sorcerer gains power from active harnessing and manipulating energy.

**Energy can be changed based on intent and emotion.** Active energy manipulation occurs from having the vision to see an outcome and transform that energy based upon that intention. Energy transformations can be sudden, but the more focus and care that is used, the better the outcomes.

Being aware of energy is the core of magick that works. My favorite exercise to start out with not only helps to gain confidence in the fact that everyone can do magick through moving energy but shows that you can feel magick directly without tools. This exercise offers direct proof that there is something bigger than us in a direct and quick manner. This is the first exercise my teachers taught me.

***Exercise #1: Energy Ball***

1. Breathe in and out. Imagine that as you breathe in and out, the invisible vital energy from around you is filling you.
2. Rub your hands together vigorously. Imagine that an invisible energy that you have gathered, is coming together where you rub your hands.
3. Keep rubbing your hands together.
4. Stop rubbing your hands, and then move them about an inch apart.
5. Move your hands closer to about a quarter inch apart, and then back to an inch a part.
6. Do this several times. You will feel warmth or a pressure. This is energy.
7. Repeat steps 1 through 5, but this time cup your hands together to make a ball made from that sensation of warmth of pressure.
8. Repeat steps 1 through 6, but make the ball larger and smaller. See what happens if you try to change how the ball feels. Play with different sensations.
9. When done, gently reabsorb your energy ball into your body. You can do this by thinking of your hand sucking it in, or even breathing it in. Play with different methods of doing this.

In the above exercise, you are dealing directly with the energy that is all around us, within you, and surrounding you. Do the

exercise until it becomes very easy to make a ball. If you are having problems try the next exercise, “Grounding”, since stress and doubt will often be blockages to getting in the right mindset to interact with energy in this way. If you at any time lose self-confidence in your craft, coming back to the simple energy ball can feel like a healthy way to recalibrate. Some schools will have you meditate before trying to move energy, and if you are having problems feeling energy, I highly recommend it. For me, I find that the more I have worked with energy, the faster I go into the relaxed state of meditation that effective magick requires. You can do magick angry – gods know I have blared Goth-industrial music while doing spells – and I have found it more useful to come from at least a neutral, relaxed place. That way you can clearly direct energy how you want it.

With practice, you should not have to rub your hands together to summon energy, you will be able to just do it, but if you have problems go back to the old method. I also find it helpful to rub my hands together to get started on energy work in order to re-sensitize my hands and get into a magickal mindset.

You may feel “buzzed” by playing with energy. By gathering, moving, and transforming energy our own personal life force can be affected. One of the essential skills of the practitioner is to ground this energy to the Earth.

## **Grounding**

The goal of grounding is to connect to the Earth and in that connection find a neutral or energizing balance from which to do magick. As such, it is an essential exercise and a foundational skill to master. Grounding is simple in concept. The idea is that the Earth, by virtue of our connection to it, allows us to get rid of any unwanted energies, or simply ground them out in the way that an electrical ground protects electrical devices. Trees are experts at this, and in fact if you embrace a tree for a few



minutes, you will feel the effect. The following exercise is a simple grounding exercise.

### ***Exercise #2: Grounding***

1. Sit, lie down, or stand. Close your eyes if you need to.
2. Take deep breaths and feel the weight of your feet. Try to feel the inside of your bones.
3. Think about how heavy your feet are.
4. Feel the weight of your legs and knees, as well as your feet.
5. Bring your awareness to the weight of all your lower body at once.
6. Continue this sense of awareness through your entire body – adding different body parts bit by bit until you are aware of the weight of your entire body from your head to your feet.
7. Imagine all the weight of your body bringing you closer to the Earth. Imagine that you are magnetized to the Earth.
8. Imagine and feel all the tension in your body, starting at your head and going to your feet, flows from your body to the Earth and through it to the Earth's core.
9. Breathe in and out, being aware of your body's connection to the Earth. Open your eyes if they are closed.

This is probably the simplest way to ground other than hugging a tree (who is arguably the greatest master of grounding). This should be mastered and practiced so that you can ground on command at any given moment. Mystical and spiritual experiences happen in the body as much as the spirit and connecting with the Earth and your physical body is prerequisite to much work. It is also a safety exercise for when we experience things that are overwhelming or just feel too much to handle. By being an expert in grounding, you can ground out negative energies directly and quickly. For example, let us say you are

feeling a lot of negative energy after visiting a strange place. It would be in your best interest to ground out that energy if it affects you.

We can also ground in many ways other than meditation. Some people use dense stones such as hematite, take relaxing teas, or take ritual baths, but the focus here is to use as few tools as possible and work with the energy directly. What if you lose your favorite grounding stone? What if you can't take the time for a sacred bath? The Earth is easily accessible at any moment. You can be trying to relax before bed, in an office meeting, or doing anything else practically. Energy is always there for you.

### **Connecting with the Earth and Sky**

To do magick effectively, most people need to start in a neutral, relaxed state as stated. This can be very challenging when we live in a world that is constantly demanding our attention. Our mental, physical, emotional, and spiritual energy are hijacked for various tasks that we must complete as part of our day-to-day life resulting in increased tension and stress. Magick comes from you, and if you want to do anything, from manifesting the love of your life to acquiring hidden knowledge, the magickal practitioner needs to be able to put the mundane world aside and focus on their craft. The easiest way to unplug from what is draining us and tap into something that will restore us is to connect to the most plentiful source of energy – the Earth and Sky.

Connecting to the Earth and Sky does the necessary step of bringing the practitioner to a magickal, neutral state and serves as a crucial source to limitless energy that does not drain, damage, or degrade them.

We are always influenced by the Earth. Our bodies are attuned to her magnetic energies that arise. We gain all our foodstuffs and material resources from her, and our bodies will eventually break down into her as well. To connect to Earth, is

to really connect to the source of all we are materially, our place in the world, and to our essential nature as part of the cycle of life and death.

We are equally connected to the Sky, or Heavens. The moon and other planetary bodies affect us in subtle, but potent ways. We are connected energetically to the heavens and all that is above us. The Heavens are also the un-manifested Universe, pure Spirit, the potential for all things – where we are most connected to the Universe in its most raw state.

The Earth and Sky also have a philosophical meaning that underpins all energy work and magick, especially in the West. A sorcerer cannot manipulate the world unless they understand how to manipulate themselves. There is a saying from Hermetic magickal philosophy – “as above, so below”. This typically means that the spiritual and the earthly worlds are mirrors of each other. It also means that humans are the intermediary between the Earth and the Heavens. Humans are collectively alchemists by nature, in that we are not only between these two forces, but we are the agents that can transform the energies of one to another. This is true in both Eastern and Western alchemy and magickal teachings.

It is important to note that energy is always flowing between Earth and Sky. The current that runs from Sky to Earth is typically the energy of manifestation and becoming. The energy that flows from Earth to Sky is typically of liberation, freedom, and release.

The next exercise builds off the first, and its goal is to not only ground energy to the Earth, but to cycle it back and forth between you and the Earth and the Sky. I mention energy in the last sentence, by this I mean the spiritual energy that is found within us and around us in all things. It is the binding force between all things, the medium in which magick happens, and what allows us to affect reality with magick. The next chapter

will go into energy specifically, but for now we are dealing with the energy that resides within our bodies and the planet we are a part of. We are being that balancing point between Earth and Heaven, and harmonizing ourselves with them, and taking advantage of this connection to replenish ourselves.

***Exercise #3: Connecting with Earth and Sky***

1. Sit, stand, or lie down comfortably. Breathe as deeply and as slowly as you are able.
2. Imagine and feel the energy above your head and feel it slowly descend through your head and neck.
3. Imagine and feel energy moving further down past your head and neck, through your torso, your waist, your legs and down through your feet.
4. When you are at your feet, imagine the energy moving past your feet, past the ground, and through the Earth.
5. Imagine and feel the energy going further until it goes to the core of the Earth.
6. Breathe deeply, feel the connection to the Earth, and feel gravity comfortably bringing the energy of your body to the core. Rest comfortably in that connection for some time.
7. Still breathing deeply, imagine the energy coming from the core of the Earth, traveling upward, through the ground, and back through your body – all the way to the crown of your head and past it to the Sky. Rest comfortably in that connection.
8. When you breathe in – feel your connection from the core of the Earth and through your body to the Sky. Breathing out – feel the energy from the Sky, move through your head, through the rest of your body, and back to the Earth.
9. Take time to let the energies soak through your body, rejuvenate you, and remove any negativity, stress, or tension.

10. When you are ready to finish, focus on your center. This is your center of gravity, your dan tien, or your core. It is sometimes located below your navel. Focus any excess energy in your center.
11. Breathe in and out normally. Open your eyes if they are closed and take a few moments to pause and feel in your body.

The above technique can be used as part of a regular meditation practice, or just when you need it. This exercise also leads us to an important practice that goes hand in hand with grounding: centering. Gravity is our friend and teacher here. Just as we felt the gravity and weight in our bodies as we relaxed and grounded, so too can we focus on our center of gravity and how we can be at a natural point of balance with the energies of everything around us. Centering is shifting the attention from what we were grounding, or connecting to, and focusing just on ourselves in a positive and healthy way.

### **Centering**

Centering itself is focusing on your core as in the above exercise. This can be done alone and should be mastered to do as easily and quickly as possible. You do not have to do the above meditation every time you want to center your energies.

An important aspect of centering is not just a way to relax or end a grounding exercise! It allows for internal focus and integration. Everything needs a foundation, and the cornerstone of any magickal working is a centered practitioner acting as that foundation. Integration of energy is the key to help you grow as a magickal practitioner – it allows the energies that circulate to collect and be stored for further magickal use for the replenishment of the practitioner's energy, and as a step in internal alchemy that we will cover in the section on Energy Work.

There is an old saying “if you don’t stand for something, you will fall for anything.” Centering helps create an energetic place that you can “stand”. All magick starts with you. You are an energetic being whose actions, magickal and otherwise, start with you and radiate outwards. Without a stable center, you and your magick cannot blossom.

To center, all you need to do is bring your attention to it and relax into it. It is that simple. Your center may change based upon your body type, how your metaphysical energy courses and processes through your body, or even your mood. For some this place is right below the navel, for others it may be a little higher. It is important to understand that your center can be in flux, but what makes it your center at this very moment is based upon where the sum of your energy collects and is stable.

When you are centered in martial arts, it is difficult to be moved physically. In the same manner, when you are mostly centered and try to center yourself daily, you are focusing and strengthening your personal energy to the point that it is more and more difficult for it to be influenced by outside forces. For example, I am an empath and I can feel other people’s emotions fairly well (it is a blessing and curse). When I notice that I am feeling something for no reason, I pause to center so I can connect with my own core and investigate whether those emotions are really from me or are they from someone outside my personal energy.

## Cycling

Most writings on centering and grounding end there and typically only refer to the relationship between the practitioner and the Earth. My training in energy healing has taught me that cycling your personal energy is just as important. When I first started working with energy, I was often tired. I would do healing work on people and just feel drained. When I learned

to cycle my energy, that all changed. I found that if I cycled my energy, as in the last exercise, I had a limitless pool of energy to harness and channel for whatever I needed. This is not to say that my pool of energy is infinite. I am still limited by the energy and resources my physical body needs to sustain itself.

For me, cycling energy comes from my study of martial arts and energy healing, especially Reiki. I have found that it takes little to no formal training to cycle your energy and reap the benefits of it.

You already were cycling your energy with the Earth and Sky, but that is just one type of energy cycling. There are two types of energy cycling: open and closed. Open is where the channel is continuous and free between you and what you are cycling your energy with. In the above exercise the channel was open between the energies of the Earth and Heavens/Sky. It is helpful to get good at that, so you can cycle your energies while barely thinking about it so you can focus on the subject that you are putting your attention and energy on. Closed cycling is useful to help remove energy blockages, feel good, general health, and as a prerequisite to cycling other energies along with yours. The below exercise is a closed technique to improve energetic circulation.

When we cycle energy, we are merely paying attention to a dynamic process that is happening all the time. The only difference is that we do it consciously.

#### ***Exercise #4: Closed Cycling***

1. Start with grounding, as in *Exercise #2*.
2. When grounded, and while relaxing as much as possible, be aware of the energy of your feet and what it feels inside them. Breathe in deeply, and let your attention flow from a place below your feet, to your feet themselves, to your legs, and to your center. Breathe out.

3. Breathe in again at the level of your center, and as you breathe deep, follow the energy to your heart. Breathe out.
4. Breathe in at your heart and exhale. While you are exhaling, focus on the energy of your head and a place above your head. Breathe in again.
5. Breathe out and feel the energy flow from your head to your heart. Breathe in at the heart.
6. Breathe out to your center, being careful to feel the energy in your breath and body.
7. Breathe in.
8. Breathe out to your feet. Breathe into your feet, exhale to your center.
9. Keep following the pattern of breathing into an energy center (feet, center, heart, and head) and breathing out to the next. Repeat until this becomes a continuous cycle.
10. When you feel you are done, please collect the energy to your center.
11. The more slowly you do this technique the more relaxed you are, and the more quickly you do it the more energized (which might be nice if you want an energetic alternative to caffeine). The eventual goal when you cycle your energy is to do this one breath. The path from the feet to the head should be an inhale, and from the head to the feet should be an exhale.

**Experimentation** – When you can touch on all the energy centers with one breath, experiment with taking it slow as possible, and then as quickly (ground if you need to). What changes do you note?

### **Cycling Living Energies**

Energy is constantly flowing. All we are doing is tapping into and manipulating that flow. The flow already exists. Everything is connected. Everything. Energy is just one medium through which we can explore that connection.



Have you ever gone into a large space and your feelings changed? Have you ever walked into a room and felt a difference? Your energies are automatically cycling with your environment. It is as natural as breathing. We are energetic creatures that respond to the people and places around us, much like a fish is changed by the water it swims within. When I walk into a forest, I feel something greater than myself. I feel the multitude of interconnected life. I breathe a little deeper, feel a little more connected, and can revel in the sum of Life that is greater than who I am as a solitary human.

The next exercise speaks directly to how we are connected energetically with other living things. It is an open cycling exercise where you will connect with a plant. If you want to do this with a partner or group, you can have the plant in the middle and you, and others can arrange around it in a circle. Once again, this energetic interaction happens naturally, we are only feeling and working with it consciously very much in the same way that we breathe automatically but can take deliberate breaths.

I love working with the energy of plants whether I am in a forest to find a release, making absinthe from herbs, or working in the garden. In modern energy work, we can connect with those plant energies and direct them based upon the chi we harness from them, as you would harness the energy in the Earth, or based upon their specific properties.

In the next exercise, instead of connecting to the energies of the Earth and Sky and cycling them through you – you are replacing them with the energy of plants.

### ***Exercise #5: Cycling with Plants***

1. Ground and center on your core.
2. Pay attention to the plant in front of you while taking deep breaths. Look at how vibrant the plant is and focus all your attention on it.

3. Cycle your energy from the Earth, through you, to the Sky, and back (like in *Exercise #3*).
4. When your energy is cycling on one breath, on the next inhale – imagine you are inhaling the plants energies and cycle that energy up and through you so that you are breathing from the plant, through your body, and back.
5. Breathing in, feel the energy coming from the plant to you. As you breathe out, feel the energy move from you to the plant.
6. When you are ready, center, and acknowledge or thank the plant in your own way.

**Experimentation** – Try this with indoor versus outdoor plants. This exercise can be done with trees and forests. If you garden, try connecting with your plants as seeds before your garden. If you do this over time, what changes do you see between you and the plant, or your connection to that plant?

If you wanted to use this exercise for a specific intent, let's say "healing", for example. You could cycle your energy with a healing plant like Echinacea (which is common to help boost the immune system) if you wanted to get that energy for your own well-being or even direct to help others.

I am choosing plants here on purpose. Plants are natural at getting near limitless energy from the Earth and have plenty to ethically spare. Cycling energy from a living person or animal is, of course, very possible, but then we are moving towards a psychic vampirism (which between consenting adults is fine), but it too often abused. Cycling energy from a human can have consequences. The person taking the energy can be addicted to taking life force in this manner, or one or both people can develop obsessions from the intensity of working with life energy directly.

While there should be caution in connecting energies to other living things that are not plants, it can be useful in many situations. You may want to also co-mingle energies for the purpose of creating more intimate connections with a magickal or romantic partner. Some people even do this as a group to help foster a type of hive of group energy which is called a group egregore.

### **Cycling Other Energies**

You have already tapped into your connection with another living thing's energy. The benefits of doing this are to draw upon greater energy for magickal workings, but also to express the inherent connection all things share.

This is where things get more interesting. Why stop with living things? Why not tap into the connection you have with the moon or sun? What about other planetary energies, such as the planets that are used in astrology? What about other cosmic phenomena?

The next exercises are to cycle your energy with the most common of heavenly bodies that we have an affect us on a regular basis: the sun and moon. If possible, do the next two exercises outside where you can see the sun or moon. If not, be aware of where the sun and moon are in relation to you while you are indoors. A practitioner must also master channeling energy they cannot directly see. For example, if I wanted to channel the planetary energies of Mercury for communication, I would probably not wait to take out a telescope and see the planet Mercury physically before I begin my work. In my opinion, a practitioner should not let any obstacle get in the way of the energy they are trying to channel and work with.

Cycling your energies directly with nature – whether it is the earth or any heavenly body, is a great way to connect to the Universe in its rawest form. This is where magickal techniques

and spiritual evolution come together. We gain power through knowledge of our connection and evolve by living essential spiritual truths such as the fact that “everything is connected”. We also gain power by knowing how to harness those energies. The next exercise is directly cycling your energy from a plentiful heavenly body: the sun.

### ***Exercise #6: Cycling the Sun***

1. Gain awareness of the sun by knowing its position in the sky (do not look directly at the sun).
2. Close your eyes.
3. Get into a relaxed state by grounding and then cycling your energy between the Earth and Sky/Heavens.
4. Envision the sun in your mind’s eye. Imagine the solar energies descending upon you. When you are ready, breathe in, and consciously take in the energies of the sun by breathing it in when your “in” breath is at the top of your head.
5. Cycle the energies through your body, exhaling through your feet.
6. Inhale the energies of the sun again, make sure that you are going through the place above your head, to your head, your heart, your center, your feet, and below your feet.
7. Exhale and feel that connection to the sun.
8. Repeat this cycling for a few minutes.
9. Inhale the energies and exhale while feeling that connection until you feel you are full of the energies of the sun.
10. Pause to rest with the energies of the sun inside you and absorb them into your center.
11. Ground any excess energy only if you wish. Open your eyes if they are closed.
12. For energies from the Heavens, it is more effective if you breathe them in from the energy source to your head,

through your body and back. For terrestrial energies, such as the Earth – it is typically easier to breathe in through the feet. Feel free to experiment and find what works best for you.

The next exercise can be done inside or outside. Instead of just cycling the energy of a heavenly body, you will harness and hold it. If you need to, please re-familiarize yourself with making energy balls. Next, we are going to connect and harness the energies of the moon. Before you do this exercise, research where the moon is in the sky in relation to you and its specific phase.

### ***Exercise #7: Harnessing the Moon***

1. Ground.
2. Gain awareness of the moon by looking at it directly or knowing its position.
3. Close your eyes.
4. Cycle your energy between the Earth and Sky/Heavens.
5. Look at or envision the moon. See and feel the lunar energies descending over and through you.
6. Consciously take in the energies of the sun by breathing them into you directly. Exhale and feel that connection.
7. Inhale the energies and exhale while feeling that connection until you feel you are full of the energies of the moon.
8. Hold out your hands and make an energy ball, but instead of using your own energy – use the energy of the Moon.
9. Hold that lunar energy in your hands. As you breathe in, feel that ball getting more and more intense.
10. Release the energy back to the moon, by imagining it going from your hands to the moon or absorb into your body by breathing it into your body.
11. Center. Open your eyes if they are closed.
12. Thank or acknowledge the Moon in any way you see fit.

The Moon is the heavenly body that connects us to many different things – especially feminine energy, emotions, and dreams. You can connect with those aspects and many more through this exercise. The Moon, and any heavenly body, has limitless energy to share.

Some people ask why you would cycle your energies with the moon at all. The Moon, aside from affecting the physical tides of the oceans, affects our subtle energies just as much. In energy work, it is often in our best interest to work with Nature and not against it. This doesn't mean that you must work with natural cycles all the time, but it means that everything has cycles and the changes of the external world affect the internal world. This is also true in the opposite – we affect the external world all the time by how we manage our internal energies and thoughts.

**Experimentation** – If you were doing this exercise in a group, you could pass around the energy ball you make and add to it before finally releasing it with a specific intention. Instead of absorbing the lunar energy into your body, release it into a beverage to bless and share or even into an object such as a crystal.

When working with energies that you cycle from terrestrial or celestial sources, remember to give thanks. Gratitude builds another type of energetic relationship with the natural forces we use and join ourselves with.

There are no limits in what you can connect your energy with and its effects. This is especially true when you work with metaphysical correspondences. For example, since Mercury is the planet of communication, you could cycle your energies with that planet to increase your personal ability to communicate with others.

Be very careful in cycling energies with another living person. Without permission, you run the risk of unethical psychic vampirism. Just as you would not touch someone physically without their permission, you would not do so energetically.

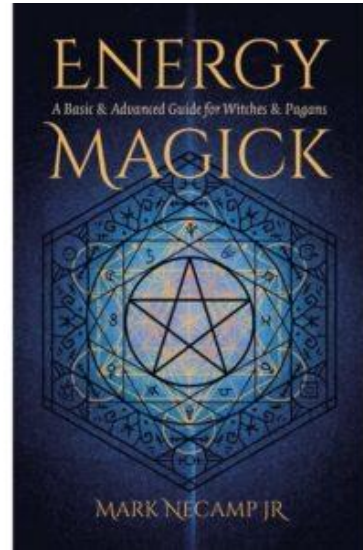
Another useful purpose of cycling is in working with deities. When we pray to the gods we connect with them. You can make your prayers have a further energetic component by cycling your energies with the gods. In practice, you can cycle with a statue of the deity or the point outside of yourself that you feel the deity emanates from. As you would with a person in the flesh, ask permission. You may have to give offerings that are appropriate to that deity. In this way, the energy of the gods is not something outside of ourselves, but something we can take within. Creating an energetic bridge with a deity usually happen naturally in giving offerings (where the energetic aspect of the offering goes to the deity), and through prayer and meditation, and cycling with purpose can give an extra potency to you work. I do caution that doing that does have the potential to take on traits of the deity or spirit, so please be careful what energies you connect with.

Remember we are connecting with the spiritual energy of the subject, not the physical. Everything has an energetic body. The next chapter deals with our internal energies, we as energetic beings, and the different metaphysical parts that something is composed of.

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