

## Year and A

## Day Home

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# Divination and Spell Casting



## Foundations of Practice

These foundations will be the cornerstones of the work you do each month. As with any endeavor discipline, structure and practice will produce the greatest results. As the months progress, other foundational practices may be added to these. As you progress through the work, not only will you be able to be more inclusive in your approach to the work, but what started as the foundations of growth will evolve and change in accord with your newly developed skill set and level of understanding. Whenever something new is added it will be noted within the study for that month.

The initial foundational work includes:

- \* Journaling
- \* Breath Work
- \* Observation

## Journaling

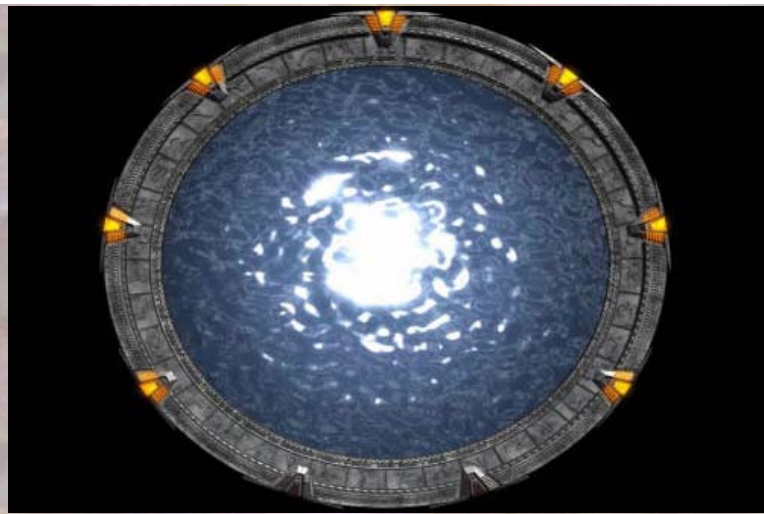
As you move through this month's lessons think about creating your own personal devotions and ways of honoring the Sun and the Moon. You could begin by brainstorming all the words that come to mind when you think of the Sun and the Moon. What emotions do those two words evoke? Use these as your framework around which to build your words of adoration. Use the cycle of the New-Full and Dark Moon to craft, build and then edit. Use the daily cycle of the Sun to begin each day with this practice- to add to it at mid--day and to review what has been written at the day's end. Rest in the knowledge that each step of the process is drawing you deeper and nearer to Luna and Sol.



## Exercises

These past months you have finely tuned and should by now be able to control your breath in preparation for the work at hand. Begin your practice sessions by taking several calming breaths and opening your self to receive the information you are seeking.

### *Scrying Practice*



### Water Scrying

Begin with establishing a calm breathing pattern. Sitting in a place where you will not be disturbed, begin to focus your intent on formulating the question you wish to have more information about. You will Need:

- A wide bowl (approx. 7-9" diameter across)- preferably dark in color or you may use a clear glass bowl with a dark black cloth underneath and surrounding it. You may also color the water if you have food coloring. The object is to create a dark reflective surface to gaze into.
- Water
- 2/ Candles in holders
- Mood setters (optional): incense and or soft, relaxing music

Place the bowl on a surface that will allow you to sit comfortably, gazing downward in to the bowl. Place the candles on either side of the bowl. Experiment with how far away they should be to allow a gentle light source but so as not to be seen reflected in the water. As you gaze into the surface, allow your mind to relax in the train of random thoughts, soften your gaze and allow whatever wishes to present to take form on the surface of the water. You may see shapes, forms, patterns or colors. It takes practice, so don't be disappointed if you do not get the theatrical results you may be anticipating. Continue in this relaxed open state for 20-30 minutes. Be sure to record **any** impressions you may receive. What may not seem significant at the time, can often, given a second look provide just the key that is needed to unlock the greater answer.

## Meditation

### Visualization Practice



picture: Walt Disney Parks and Resorts

*This visualization exercise incorporates several disciplines and can be used a variety of ways to enhance your workings. Memory and observation play a large role in all magickal work. We draw continually from our subconscious experiences to inform and enhance our work. This store house holds everything we have encountered as we move through the world. Honing your skills of observation, being able to transfer those things observed into visual images on our inner screen and retaining those impressions within our subconscious mind trains us to exercise and strengthen our working base. In spell work, being able to clearly and concretely visualize the outcome provides to the universal flow of energy what is desired. That image may then be used as the basis of a manifest form - a blue print, if you will. In the art of divination, being able to draw upon the memories stored and experiences seen, we can make clearer statement as to what information is being received and if divining for yourself, what treasures have been excavated to have a closer look in coming to resolution. To begin:*

- Ready yourself by taking some restorative calming breaths and open to what is to be received.*
- Set a timer and spend at least 20 minutes looking at the picture above. Do not write anything down; but do make mental note of the things that initially draw your attention.*
- Make note of as much about those things individually as you can. Color, shape, size, number of those things, etc.. Once you have fully scanned one thing, move your vision out to include more of the picture in the lens of focus.*
- Make note of how these objects fit together in the picture. Colors, moods evoked, as much information as you can pour into your mind's eye.*
- When the timer rings, close your eyes and then recreate as much of the scene or portion of the picture that has been in your focus. Bring as much into that inner picture as you can. Color, shapes, form, number of objects, their relationship, etc... Just relax and allow the image to build; do not force it.*
- When you feel you have as complete a picture as you can create at this time, open your eyes and look once again at the original picture.*
- In your journal, write down those things you were able to create and write down those things that you missed.*

*Do this exercise until you can recreate most of the picture in your mind. It is okay to work on pieces of it; it*

*is after all a very large and densely filled picture. But part of the process is also learning to train yourself to focus in and out like the lens of a camera. There will always be certain objects, things, energies that immediately draw your attention. Go with those first and then train yourself to expand your vision from there. If the point of interest is large, train yourself to focus in towards a smaller piece. To bring into focus the detail that might otherwise be over looked. There will be times in your work when you will need to have this ability to zero in on what needs minute attention or to be able to see all that is in your periphery to accomplish the task at hand.*

***Be sure to record your experiences in your Book of Shadows.***

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### **SUGGESTED READING**