

Lesson 2

Laws & Principles Of Magick and the Occult

Throughout the centuries a set of basic magickal and mystical axioms have been collected by those of knowledge. These we will call our *occult principles/laws*. These laws or principles are not legislative acts but rather descriptions of the way's things relate and react in the field of magick and sorcery.

Let us look at these principles or laws and examine them in relationship to working magick.

THE EIGHT PRINCIPLES

Principle of Knowledge

Principle of Association

Principle of Similarity and Contagion

Principle of Balance

Principle of the Infinite Universe

Principle of Limitation

Principle of Emotion

Principle of Binding

I. PRINCIPLE OF KNOWLEDGE

This is one of the most basic of all the laws and probably the easiest to understand. Simply, knowledge is understanding and awareness of control. The more understanding you have of a subject the more in control of it you are. The more power you possess over it. This includes self-knowledge. One must know themselves (Gnothi Se Auton=Know Thyself), know your own powers, abilities, and limitations.

This law is especially important because the more you understand and know your subject the more you can control and change the situation around you. **This is the whole point of magick: the science and art of causing change to occur in conformity of will.** You can not cause change within something you have no knowledge of.

II. PRINCIPLE OF ASSOCIATION

This law is rarely used in its pure form; however, we want to cover all the bases.

The principle of association means, if two things have something in common- anything in common-that thing can be used to control both. This will have a mutual effect on each, depending upon the size of the thing shared. So, the more they have in common the more they will influence each other.

An example of this could be the hunter. He runs down the lion and kills him, he will then eat the lion's liver thinking that this will give him strength. The warrior may eat the brains of a slain enemy to take the enemies courage. A person in church will eat a piece of bread which he believes to be the body of Christ to gain some of Christs attributes.

.III. PRINCIPLE OF SIMILARITY/CONTAGION

The principle of **similarity/contagion** tells us that things once in contact with each other will continue to interact on each other after separation. The emphasis here is the object has been in physical contact with the entity you want to affect. Essentially this is the definition of **sympathetic magick**. A perfect example of this is taking hair from your lovers' hairbrush to use in a love spell or taking fingernail clippings from an enemy for a hot foot spell.

.IV. PRINCIPLE OF BALANCE

This one is simple and states that if you wish to survive and become powerful you must keep your life in balance. By balance we mean you must avoid the extreme. You must be flexible and adaptable to change. You must take care yourself, mind, body, and spirit. Eating healthy, exercising, and meditating to keep you magically aligned.

.V. PRINCIPLE OF THE INFINITE UNIVERSE

There is different way to view the universe. Everyone is different and they see things in many ways. Every being that can perceive sees the universe in a unique way. Your universe depends on how you perceive things. The key is here is that if it works for you, keep it. This is the truth to you. If it hinders you then reject it for this is false to you and your progress.

.VI. PRINCIPLE OF LIMITATION

This is important when it comes to any magickal workings. **Any operation must have a limit.** Any magickal spell or working must have a limit. An extent of what you want to accomplish must have an end date. Unless you do this, you are going to have problems getting the forces make the transition and stay there. Once you start set an end date. Typically, 3-9 months is a good time frame. If your workings fail within that time frame, then end it. Revise it, make changes, wait a month, or so and then try again, with a new end date.

.VII. PRINCIPLE OF EMOTION

Everyone of us has emotions and strong emotion is deeply connected to you. An example of this is if you have a strong emotion that is repellent to you for some reason and you reject it, split if off

from your personality. You have a reason to reject it, deep in your subconscious. The idea of doing magickal work is to clear up or resolve rejected parts of your personality (*Shadow Work*) and get them back into yourself.

We must clear up those things' parts of our life and personality that hinder our progress. The reason for this is because for our magick to work, we must be able to **feel**. The best way we have found for magick to work is for the student to feel as though the thing desired has already come true or taken placed.

“Whatever things you want, believe that you have them already and you will have them.”

When it comes to working magick emotion can be compared with desire. You have the proper amount of emotion or desire to attain the proper result. Therefore, we stress having our emotions in control. If our thoughts and feelings are pure and uncluttered, then there will be nothing to interfere with our magickal process.

.VIII. PRINCIPAL OF BINDING

This principle states that forces of magick have two sides, therefore, double acting and dual in nature.

There is nothing in the physical universe that does not have two sides to it. However, in our physical lives, we use both sides of things so much we do not stop to think about it. A perfect example of this would be, when you are sleeping in bed and covered, you are only using one side of the blanket at the time, however, there are two sides to the blanket. Could the blanket exist without the other side?

The key here is to remember that **a force can bring something to us, and the same force can take it away**. It would follow naturally that if we want a certain thing then the side or aspect of the force, we want is the side or aspect of that force that will bring the desired result. Do you want to use the side of light or dark?

What we want to remember is to bind up the force or aspect that we do not want to use.

(Based on the work of Lady Sabrina of Our Lady of Enchantment and Balaam Ben Solomon of the Temple of the Seekers, new edits by Zehara Nachash © 2020)

HOMework PART ONE

SHADOW WORK

These are private exercises meant for you to understand your shadow side. Record the answers in your personal journal.

EXERCISE #1: Write down five negative traits for each of your parents/caretaker or the people who raised you. Notice which ones you really cannot stand. Then write down five positive traits for each of your parents/caretaker or the people who raised you. Notice which ones you really admire. How do these 10 traits live in you? How do you exhibit them or what is your version of them? How do these 10 traits show up in your life?

EXERCISE #2: For one week, observe your own judgments about other people. Whenever you are upset by another person's behavior, notice the quality in him or her that is most upsetting to you. Write down any opinions you have of the people who are closest to you. Be sure to include your friends, family, and co-workers. Make a list of advice you give to other people. What are you telling others to do to make their life better? Reflect on whether the advice you give to others is not just advice to yourself. Sometimes we tell other people what to do as a way of reminding ourselves of what WE need to do. Realize that your advice to them may be a way to remind yourself.

EXERCISE #3: Think of two different people who drive you crazy or who you do not really like. For each person, write down at least three of their traits/qualities that annoy you or make you cringe. Now of these qualities you have listed, which ones feel the worst to you? What qualities would horrify you if they were written about you on social media or in a newspaper? Now, think of two different people you admire. For each, write down three traits that you admire. From these traits, which ones feel like, while you admire them, you could never be. Which make you smile? Which ones would you like to have said about you at your 90th birthday party? This will give your insight into your Shadow traits – both dark and light shadow.

EXERCISE #4: To better understand your Shadow and how to identify the opposite or more evolved action, consider the following: Here is what I do. Here is why I do it. Here is what I make it mean. Here is how it impacts me. Here is how it impacts others. Here is the opposite/evolved action. For example: When I feel taken advantage of, I close off to people and become distant. I do it to protect myself. I make it mean that I am unappreciated and not valued. I make it mean that I cannot fully trust people. It impacts me by making me feel separate and disconnected from others but ALSO from myself. It impacts others because I seem closed off, unapproachable, cold, and distant. The opposite action is openness. To remain open to my feelings and the experience. To

appreciate and value myself enough to create healthy boundaries and speak up when I feel I am giving but not receiving back in turn.

INTEGRATION: Now that you have a better sense of your dark and light shadow and your personal traits, you can work on acceptance and integration. That which is unresolved within us needs our own loving awareness. Awareness is the ultimate holding ground for digesting undigested material, including all that resides in the Shadow. To be allowed to be seen, acknowledged, and accepted without judgment.

1. For any “negative” traits that hold a charge for you, use the Self-Appreciation/Love Exercise in the Emotional Self-Help Techniques document to start to integrate this trait. You can say, “Even though I’m [insert Shadow trait/belief here] sometimes...I still absolutely and completely love and respect you.

2. For each trait, ask it this: “What is your gift to me?”. A trait such as “pushiness” may help us get our needs met, being “loud” may help us be heard. Also, ask each trait: “What is it that you most need to tell me?” Your anger is informing you of something. Your cowardice is informing you of something. Your judgment is informing you do something. Some of these traits need nothing more than to be heard and accepted.

3. Practice claiming these traits. Be aware of them as they arise. Talk about them with your loved ones. Now that you understand how they developed, reframe them in the context of this new understanding, from a wiser perspective. The more you acknowledge and own these parts of you, the freer you become.

HOMEWORK PART TWO

For this exercise, you are going to perform a sympathetic/contagion spell! You are going to do this for yourself. This spell is to help strengthen your psychic abilities.

WHAT YOU NEED

Get a plate or disposable tray that you do not mind getting wax on

Peppermint (you can get this at the grocery store)

A white female candle (Amazon sells these, but any metaphysical or occult shop should sell them)

Two small blue candles (4” or 6”)

Any type of Vision of Psychic oil (again, Amazon sells this, or you can visit a metaphysical shop)

THE WORK

Take the plate and sprinkle some of the peppermint all around the plate

Take the vision oil and anoint your third eye, throat, and heart

Do the same on the white female candle

Take some of the peppermint and cover the female candle in it

Anoint the blue candles with the psychic vision oil

Place the female candle in the center of the plate and the two blue candles in front of the female candle

LIGHT CANDLE AND THEN SAY:

Second Sight, Second Sight

Come to me now, By this Light

Make my psychic mind be open

As this magick spell is spoken

Repeat this three times and let the candles burn out. Record results in your magickal journal.