

HIGH MAGICK: The Elemental Adept

by Suba

I dedicate this paper, to all those aspiring adepts, who have fought through these illusions of every-day reality, to get where they are now. I salute thee, for thy grace, strength, and courage- for we are a dying breed; and the day is near, and when we will be needed the most. So stay strong brothers and sisters, keep to thy ways, for the harvest is near.

Introduction:

For all things come from the elements, be it in their purest state, or combinations there of. To the ancients, there are four elements; fire, earth, air, and water. These four, coming from the one, made up of the four, expressing its self, through the harmony of ten, through four. The elements make up, all created things, be it stones, metals, plants, animals, angels, daemons, gods, devils, fiends, phantoms, as well as all other created things. They are up in the very heights of The Heavens, and the very depths of Hell. Be it, within the infernal, terrestrial, or celestial realms, be it the spirit, chaos, or life, the elements lie therein. Its through, coming to know, and seeing their essence, or to those who would rather use other terms; their sybological and archtypical formations of thought, that empower us to utilize their virtues, and abolish their vices. We human are unique, in that we have the ability, and the will, to use all created energies conceivable unto us. for as we come to evolve further, we will come to be, opened up to more energies. One of the many beliefs of the Magicians, in regards to why the more subtle energies are not readily available to the common person, is that those energies, would come to be abused, and in that, create an imbalance in the etheric planes; which would unleash unforeseeable karmic repercussions. As it is, there is already to many children, who dabble in the lower formations of the subtler energies, without any real knowledge of what they are doing. So lets learn together, how we may come to shape the elements around us, creating our own magic carpet to fly upon, and to ascend to the higher heights.

One of the first veils, laid over our minds, is that of the flesh, which traps us into believing that we are only the flesh, and some chemicals bombarding together, creating all that we know as life. Be it true on one level of life, that that is what is happening, the veil is that, we take it as the whole truth, and not just part of it. All that is needed, to reach past this first veil, is to push our conscious perspective but an inch, and in that inch, we will start to see the other sides of the stick, which stands in the middle of our rooms. It is true that it is not easy, in fact if it were easy, most would have already come to do it. Yet, being grown to full maturity, in our present day society, not only blocks us from these truths, but it as well, kills those who teach it. For so, in my understanding of what has gone wrong in our past, is that one has to give up all they have, to reach such heights; be it their family, work, children, property, money, and everything else, just to get through the pillars, and then, when one has gone through the doors, one will have to give up, their very life. So then, what hope is there for life, if this is what everyone needs to do, to

reach the higher truths. Life would cease to exist, as we know it for sure. i do not claim, that this paper is for everyone, nor that everyone who applied themselves, would reap any real benefits, i can tell you, that if you wish, you can continue on with your daily life, while doing a work like this; for i did it, while Holding a forty hour a week job, hanging out, going to the movies, playing with kids, walking dogs, etc... i did everything i always do, the only difference was that, i slowly was transforming into a better person, while starting to control my life, and then coming to control my surroundings. i started to relax, my time was more mine for enjoyment, for no more was i haunted by thoughts of work at home, or worries of the future at work. Here i am, finding the light in my job, finding enjoyment in everything i did, and leaving behind those things i did not enjoy. Becoming more conscious of myself, breathing for once, and many other things. For there might be, a time in your life, when you will come to decide upon continuing on ward, or stopping at where you are at; but worry not, for years will lie ahead of you, before that choice will have to be made. For now, do what you can to better your self; for that is all we can really do any how; anything else, is simply a bonus...

Now, it will not be easy at first, to believe in the elements, much less the beings that reside upon those planes of existence. Yet, in doing certain exercises, and meditating upon life, one will come to understand, and then believe, from ones own experience, what our ancestors from all cultures, have spoken of.

Through using our Wills, we burn with the fires, devouring all impurities that hold us down. By using our emotions, we dream the dreams, flying upon the astral waters of life. By our intellect, and our thoughts, we can soar higher then any bird, and with our strength, and patients, we can be as the mountains, which stand the tests of time. By coming to know ourselves, we can do many things unbelievable to the common person, and in that, we change the world for the better.

We are who we are? For they say, that the divinity lies within us, and it only takes but a second to realize it, and be enlightened; i say, the divine seed is within us, and that divinity is potentially within us, if only we come to purify ourselves, and come to earn it by rending the veils that lie before us, for this is the truth, even before we can think about enlightenment. By building our foundations of the elements, by purifying ourselves of our lower animalistic natures, and by planting the seeds of truth within us, we may then come to build our temples within us, while transcending each plane, till we reach our enlightenment. That if anything else, is what i desire, in accomplishing my work, anything less, is pointless.

The main tradition i follow, is the Kabalistic path, of transcending the tree. So if you feel put off, simply because of the names i utilize, know it is not so much the names we use, but the powers we give them. So, take up your own tradition, and your own names, placing them where you deem worthy, and become strong in your beliefs. For i am not here to fight over words, but to learn the truth, and come to find as many companions upon the path of light, before the darkness entangles us in its' webs.

The Elements are the building blocks of life, without them, all would fall, and even without one of them, life as we know it, would cease to exist. For through the intermingling of the elements, comes life. And within these elements, while in their purest states, resides chemical compositions, just as within our own minds, whose focus is at present, beyond our scientific

measurement, and of which contains consciousness and intellect, just as within ourselves. Those in time have become to be known and named, as the Elementals. The confusion in regards to the elements, and the elementals is simply to clarify. The elements are the four forms of life: expansion, contracting, circulating, and grounding, these four, in their simplest forms, create everything we know by combinations. By determining the dance they vibrate at, will determine the form they will take. Now, the thing in regards to humans, and their uniqueness, is that they are born from the elements, conceived with the celestial virtues, born into the infernal realms(though higher then for say-Hell), and given the seed of the Universe, to plant and water as they wish. This being their gift; to do with as one deems right. Knowing of course that to violate other energy balances, will only bring down ones inevitable destruction. So, of course humans, have a more complex consciousness, with a lot more thoughts of things, other then what one vibration would have. And yet, to say that each vibration does not carry its own form of intelligence, is to completely deny our present state of science, in regards to consciousness...

Now the Elementals are beings, wholly made up of an element. They, in their own formation, can only reside within their own element. At times, one might come to see the elements at war with each other, as lightning fighting through the air, striking the ground, or fire burning the earth, while water puts out the fire. All of which, comes in the end to finds its own balance. For nature always seeks balance, and when there comes to be an imbalance, she does what it takes, to rectify it. It is through our conversations with the elementals, that we slowly come to learn how to find that balance, and how to use the elements within our lives.

i will not get into to much detail here within this paper as yet, but will move into other things right now. Our interactions with the elementals, will slowly transform us into higher beings. Not only will we once again live in harmony with them, but they will help us transcend, and leave this earth, once and for all. For of course, most believe the elementals are either figments of the imagination, or so weak of a things, to be unable to effect us. Yet, in their very essence, they influence all that we do. For be it in the astral mind, the emotional mind, the intellectual mind, or the physical one, their vibrational frequency, effects us all. It is up to us to name them, and then befriend or conquer them.

There is a difference in talking with the elementals, as within the woods on mushrooms, and when then in ceremonially invoking them. For one, it is truly dangerous to call upon the elementals, in ritual. For not only, will they play simple tricks, like hiding ones tools, knocking over ones incense, and putting out ones candles, they can, and will bring out ones worst vices. They are no toys to play with, nor stupid or weak beings, easily enchanted and controlled. For they are, the very essence of life's building blocks, they our the consciousness of the elements themselves. They are not to be commanded like other beings, but befriended and overcome. For the moment you try to bend them to your will, will be the moment you will come to understand, just how destructive the elements can be in ones life. Know their faults, and overcome them, befriend them, and you shall receive their virtues, know them, and you shall in time, know life.

The Elementals are very unique, and strange beings. They will help you accomplish your work, for in most cases, it is in their interests, as well as your own. The strangest thing with these beings, is that you must come to gain their respect before they will help you. They are not like the angels, who will help all those in need, nor the daemons, whom if bound, will do what ever

the person or persons pleases. No, the Elementals are strange in that case. Yet, in coming to know them, and living in harmony with life, one will come to befriend them.

Later in this paper, i will go into more detail in regards to the elements and their attributes, for now i want to give a better picture of the, " Great Work ". For this work that i give unto you, is only the beginning, to an ever spiraling ascension to peace, love, and light. The following are simple meditative quotes, to help one come to see what the Great Work is all about:

What is up, is only that which is below in a purer state, that which is below, is only grosser then that which is above. In the camera, light is reflected within its adverse form; that which is above, is like unto that which is below, that which is within, is like unto that which is without.

There comes a time when one must decide what they desire; their choices being: To evolve, or to stay the same.

The work is not for later, it starts now, or it never will...

When in doubt about anything, do whatever it takes, to abolish that doubt.

- To Know
- To Dare
- To Will
- To Be Silent
- To Give Thanks

Humbleness, is the key to softness, to be soft is to be pliable, and to be pliable is to bend.

Egoism, is the key to hardness, to be hard is to be rigid, and to be rigid is to break.

Doors do not open by themselves.

Do not wait for truth to unveil its' self.

We create our own lives.

Magic is to cause conscious change with our Wills.

To be alive, is to know one lives.

To wake up, is to open ones eyes.

When walking against the current of societies beliefs, you come to know, that you are walking the right path.

We come to sacrifice ourselves upon the cross of the elements.

To seek truth, is to find what is not truth...

These being, only a few thoughts in regards to the path of an Adept. It is hard at first to walk the path, for in most cases we desire the outcome without having to actually work for it. There is also, the problem with wanting to reach past our present standings, trying to grasp the energies above us, without having conquered the ones we presently have. It is in not having purified our present energies, and learning how they work within our lives, while gaining control of them, that often times gets the beginning Adept in trouble. For 'tis blind ignorance, in stepping into something, without at least having prepared for it.

So in writing this paper, i have decided to write only upon the elements, so that those who see, and come to understand, will know what it takes to build a strong foundation. For if our temples are built upon sandy ground, a day will come, when it shall be struck down. Yet, if we build our foundations upon the rock, abolishing all the rot within, there will never be a fear, of it falling down around us. For no adversity, nor evil, can attach it's self to that, which has nothing for it to grow from.

Too many Magicians have failed to see their darken mistakes, until it was almost to late, and then in their despair, they had to go through unneeded misery to correct mistakes, that otherwise could have been avoided. The path of an Adept is perfection, no less, yet so very much more. If one takes this paper seriously, and does the work honestly, it is guaranteed, that in retrospect, you will be thankful that you have acted as such. Know this, with the knowledge of the Self, comes the knowledge of the World...

Now Energies. Today it is common knowledge, that everything is made up of Adams, and that though their vibrations and movements, they create life; Eve... The force is shaped within the womb, overflowing with life, we are here...

The ancients knew as much, for they in time learned, each intellectual quality within the elemental vibrational patterns, and came to name them , so that they could trick their minds, into invoking that energy vibration within themselves. This of which, they would then come to gain its' virtues. It is not my purpose to make you believe in gods, devils, angels, daemons, or any other created being. i will leave that up to the dogmatically correct religious peoples, who desire to be right without once being able to offer you anything but blind faith? For me, and in this paper, i see it for what it is worth, knowing that certain names have been charged over time with millions of peoples beliefs, and in that, coming to receive its virtues. For anything more then that, is both beyond this paper, and my present state of mind.

This paper is not meant to be stone, it is not the rules, nor the laws to Elemental Magic. It is only one system, out of the many, that work, and that is all it is. To put this above any other system, is to completely forget the point, of even walking the path of an Adept. Take that which one is, and does, very serious, yet always keep an edge of humor. For it is a serious business, and a serious work, to want to be more then society deems needed, and in that seriousness, it comes to be humorous, to see the uniqueness, and folly of life. Smile my friend, for we have just begun...

The Elements are here for life. They in their own way gives us power to be, and to act. The more we learn about them within ourselves, the more control, we will have to be ourselves. Analyze everything, know its truths, weed out its lies, and then infuse yourself with its essence. For just as the story about the husband who questioned his wife, on why she cut the edges of her ham off, and she replied, "Because it tastes better." And then he asked her how she knows that, and was told , "Because her mother told her so". So he then one day, asked the mother the same questions, getting only the same replies. So then in curiosity, he went out of his way to go to the grandmothers house, asking the same thing, and the reply was a chuckle and this, "No, no sonny, it is not because it tastes better, but because it will not fit into my oven!"

So question your beliefs, your traditions, your views, analyze yourself, for maybe those things you hold onto so dearly, are not applicable to your present state of being? For it is truly hard to say, who we are, or what we are to believe in, when everything is constantly changing. That is why the ancients came to grasp the essence of life, instead of its formations.

"Know Thy Self, and nothing in Excess". These words having traveled down the chambers of time, ever still ringing true To-day. For experience everything , but get attached to nothing.

This work is the simplest format i can create for you, in an otherwise, complex, and confusing work, in the state of decay. i will not claim this is what the ancients taught, nor that this, is the intended ideas, of those who i have borrowed from. All i am trying to accomplish, is to write the facts as i know them, and share my experiences and exercises that i have and am presently doing upon my own path. Other then that, i have tried not to allow my ego, to enter into this paper, distorting what otherwise is pretty basic. For it is of my opinion, that a High Adept is the servant, not the master of Humanity, while being the master and not the servant of The Body. For although the Aspiring Adept is to be humble in life, they need to be strong, willed, and ruthless upon their path; for there is no room for weaknesses, nor feebleness, on entering unto the kingdom. May all those who come to read this paper be blessed, with the blessings of life.

Earth:

Elementals: Gnomes

King: Ghob

Rulers: Kerub

God Name: Adonai ha-Aretz

Quadrical: North

Archangel: Uriel

Angel: Phorlakh

Angelic Order: Cherubim

Quality: Stability

Color: Yellow, brown, black, and rustic

Complementary Color: Blue

Form: Square, cross

Sense: Touch

Sign: Taurus

Tattwas: Prithivi

Magical tool: Pentagram

Focus: Senses

Created: Stones

Stones: Dark stones, and stones that help with grounding oneself

Metal: Lead, silver

Plants Anatomy: Roots

Animals: Burring animals

River of Hell: Acheron

River of Eden: Euphrates

Musical Instrument: Drums

Musical Note: "f"

Archdaemon: Mahazael/Mehazaer

Planets: Moon, Saturn, and earth

Signs: Taurus, Virgo, and Capricorn's

Body: Feet to the knees, the body its self, bones

Chakra: Muladhara

Finger: Ring finger

Elemental creatures: Gnomes, brownies, elves, sylvestres, satyrs, pans, dryads, hamadryads, durdalis, goblins, dwarfs, leprechauns, giants.

Herbs: Patchouli, mugwort, horehound, sagebrush, sorrel, vervain, magnolia, horsetail, salt, roots

Some Virtues: Patience, builder, strength, thrift, acquisition, conserved, practical, dependable, stable, endurance, protective

Some Vices: Greed, addictions, obsessions, laziness, tired, lack of control, forgetful, anger, slow

Tetragrammic Letter: Second He'

Phlegmatic Temperament: Respectable, endure, considerate, resolute, firm, serious, scrupulous, concentrative, sober, punctual, circumspective, resistant, dullness, tardiness, lazy, unreliable.

In my own experience, i have found it better to start ones elemental workings with their natural elemental sign. Mine being Taurus, i then started with the earth elementals. Some would disagree with me, for say, those whose sign is Leo, would then start with the fire elementals. Now according to the elders, the fire elementals are much to dangerous for the beginner to start with. i agree and disagree at the same time. For the Salamanders are very strong beings, and there is no room for weak people calling upon them, yet if the adept were well versed in their correspondences, having built up there inner strength, and act impeccable during the ritual, there would be no problem, other then the thoughts within the mind. Of course, one should know their self, before starting the Elemental ceremonies, so that you will not put your self into a position that you would then come to regret. So in saying, i would hope that you have started doing the exercises, before going into the ritual workings...

My first Elemental ritual, was calling upon the Gnomes. i have decided to write out my first entry, of each elemental Invocation from my magical diary. This will give you an idea of my head set, as well as the possibilities during and after a ritual:

"Last night i invoked Ghob and the Gnomes. Ritual was a complete success. The moment i closed the temple, i felt the strength and intelligence of one of my past lives come into me. Somehow, i was able to channel from this Occultist from France. i did ritual according to Eliphas Levi work, adding a couple of things to make it more complete. During the beginning of the ritual, i had trouble with my invocations. So i asked for the forgiveness of all present spirits, due to my lack of knowledge, as well as my nervousness. i then continued on with the ritual, calling each elemental being according to their direction, so that all representatives would be present. i then called upon the Gnomes and Ghob from the north, silencing my mind directly there after.

At first, when i was doing prayer unto the Gnomes, i could instantly feel them all around me, as they smothered my incense, tapped on the floor, walls, and ceiling, moved some of the tools around, as well as pretty much, causing me a lot of trouble. Allowing it to continue both out of disbelief as well as curiosity, i then called upon Ghob.

It felt so beautiful, this strength and energy, as it moved towards me from the north. Its motion so slow, and gentle, moved into the circle and unto my being. At first i was scared and nervous, yet within a few moments the fears left me, as i was put to ease, knowing Ghob was only feeling me out from within, as he discern my intentions. Then the incense was completely smother out, causing Ghob to leave my presents.

Getting irritated with the Gnomes, i got up to relight the coal, when my hand was bumped somehow, causing the coal to land outside my circle.

Great, i needed to get it, for who knows, if it was still a little lit, for there would be nothing worse, then starting a fire in the middle of a ritual work. So i grab my sword, using it to get the coal. For at that time, i did not quiet know what would happen, if i were to leave the circle with the elementals. (Now as so you can know, upon leaving the circle with the elementals still present, one of two things can happen; they will get restless and either leave, and or start to move around the house causing you untold hassles, or two, they will stay waiting for you either very displeased causing you untold troubles, or they will act as if nothing happened at all. For in ritual, the elementals are within the circle with you, just as calling upon the angels, while infusing their intelligence within yours.)

So, i finally got the coal , relighting it again, i called upon Ghob, who returned quickly, and started to talk with me. i asked him to show me his face within my crystal ball. i came to directly see these spirits dancing together, as they turned into trees, and again, turned into a forest, turning and turning around in a circle, as if, well, as if i were flying around this forest in a helicopter. Slowly, the forest started to shrink within the crystal, turning, and rising into a crown that sat on top of this old face. At first i did not quiet understand what i was seeing, then as the face started to clarify, i saw this old man, with moss, twigs, leaves, and many other things intertwined with spirits, dancing around on his face. Eyes darker then the blackest night, soothing not frightening. A smile of wisdom and age laid upon his cracked lips of clay, while his hair flowed into the grass that blanketed the forest crown. In excitement i then asked him to show me his persons, in which i think i came to anger him a little.

For then i had to wait for ever, as the face slowly moved in and out of focus, trying ever the mean while to shrink, allowing me to see Ghobs whole persons. So i waited and waited, until i realized that Ghob was not going to grant me my request at that moment. For he was testing me, how i knew this, is still beyond me, i just knew at that moment, to fail looking, would mean very bad things. So i waited, and waited, as i sat looking at the crystal, while thousands of images floated by.

i then started to question what the point of me waiting was for, for why should i have to wait, for some being i conjured up, why i asked, and then the answer came unto me. For i would not gain the Gnomes as my friends, if i could not even be a little patient while they tested my being. So in

being patient, i came to gain their respect, and in that, their help. So waited i did, until the urge to pee came upon me, what was i to do? For to stop, would only cause me a big loss, so i loudly proclaimed, that if i had to pee in my robe to get their respect, i would; and yet i still waited.

At that point it was very silent, the Gnomes were not moving anything, and the room was dead, all but myself and the feeling that something was watching. i then became angered at the whole situation and started to say as much, when the silence was broken by the most hardiest laugh i have yet to hear, and these words, "So young as of yet, my friend." That simple, and i was one with the Gnomes.

i then started to ask Ghob to grant me two servants with arms, to give me strength in all my works, which he quickly granted me the request. (A side note, i am leaving out all my elemental friends for many reasons, one of which is so that you can in your own work come to know your own elementals, and not mine. The other big reason, is of other magicians. As sad as it is, one can not really trust other magicians for the very reason of them using your elementals, as well as them being able to tap into your work, using your energy, for their own purposes. The day nears, when that pettiness as such, will have to be set aside, for more important matters, as for now be careful, and practice silence in all ones work.

Next, i asked Ghob to grant me an Elven teacher, to teach me the old ways, as he again granted my request. After that, i asked to be shown one of my past lives, which upon looking into the crystal, i came to find myself upon the ground, looking up towards Ghanesh, as i meditated upon a lesson my teacher instructed me on. i was shown many wondrous things, as he helped me contact that life's energies, infusing them into my present state of being, gaining its strengths and its virtues.

After who knows how long, i then thanked Ghob for his gifts, and then directed my attention to my three companions. i conversed with them , asking them to show me how i will know their presents is near, while coming to learn their energies, as well as learn how to use them in my life.

By that time i had to really use the bathroom, so i gave thanks to all the Gnomes, asking them to depart in peace as well as granting thanks and leave to the other Elemental watchers, i ran to the bathroom.

On returning, i found that the Gnomes had not left the circle. So i told them that if they did not leave when asked, then i would be forced to resort to more drastic measures, really meaning what i said. Which worked very well, as i felt there presents leave the house."

That was my very first elemental invocation. To have gone so successfully, had a lot to do with my prior ceremonial works, yet even that, did not help me much. For in dealing with the elementals, there is nothing else quiet like it. For it is not as if you can bind them like a daemon; well let me take that back, you can bind elemental beings in many ways, one of which is to hold them within there opposite element, such as fire to water and earth to air. Yet in so doing, you put yourself at great risk. For unlike other beings, it is best to befriend the elemental so that, they will come to go out of their way to help you. While in binding them, they become insulted and angered, they come to do what ever is in their power to cause you trouble. Of course, any self

proclaimed magician could hold something of a lesser will by their own, yet really think about it, before doing as such. For in binding something you enslave it to your will, and one would have to be impeccable with that form of elemental energy, before there would be no risk unto the self.

Now as to the earth Elementals. Since that first elemental invocation, my life has gone through so many transformation, that i would almost give it more importance, then anything else, that i have done up to date. It was a blessing, to come to read Levi's work. It seemed, such a small part of his work, and yet, now i would say i belittled it far to much. For upon sitting down, and figuring out how i could incorporate it into my own work, i came to find a great style of magic, as well as many beautiful friends. So in saying that, i will not go to far into my own work, least it come to interrupt your own. Instead, i will write upon a few things i have gained and lost.

The earth Elementals are truly studios and patient beings. They have a great knack for building things from scratch, as well as improving things already built. In my work with them, i was able to gain greater strength in my work, a force of energy, and an understanding of how to build with it. A sureness when walking in society, a little giddiness over things of life, that i knew nothing about. A faith in myself, and a sureness in my work, that up to that time was a little lacking. These qualities have always potentially been within me, yet now i have come to realize them and live with them.

i have gained many past life memories, as well as received some of their virtues and strengths. i have learned much in regards to the old ways, as well as meditations and styles of magic, i had no idea existed. There has been many times in my earthly elemental transformation, that old problems crept into my consciousness, only to be once, and for all dealt with. There was times of great addictions, which in working, were slowly eased from my being. My anger, which at one time would have controlled me, became a trifling thing only to be used as a tool.

To say these few things are but little compared to what i have gained from the earth Elementals, is to belittle just how much i have gained. No matter, one might come to argue the pointlessness of such work, yet even our present state of Psychology; our mind and emotional science, could not offer such results in so short a time, or any time at all for that. For it is not, depending on others to tell us who we are, and what we feel, but ourselves, and only ourselves, that have the power to do so.

Now do not get me wrong, i do not have in my head a belief that everyone is meant for such awareness, and so i agree with others learning the minds truths, for the masses. As said before, the path of the Adept is not for everyone, only those who care to know the pains of their truths. For it is them, who are haughted with the desire to reach perfection, while living in the flesh, and following in the foot steps of the Great ones who have lived before us. It is a hard path, full of tears, pain and loss, but in the end, it is worth more then any physical attainment could ever dream of living up to. The funniest thing is, the more one comes to walk the path, the easier it will be to gain material well being... You will see...

Now beware, for one of the hardest things in the elemental workings, is the rooting out of all ones lower formations of thoughts, emotions, dreams and memories. There will be times of great loneliness, and feelings of despair, always remember, to ground your self in what ever way you

see fit. For we all are in transition, when in learning how to hold still, those things that have always moved you into acting, will come to move away on their own. Analyze yourself, your thoughts, feelings and dreams. See what each thought or feeling is worth, come to know its roots, and find out if you desire to keep it. Think consciously, and be alive knowing, what it is you are, and who you are to become in mind , body and soul. Then, when we slowly come out of this pit that we have dug for ourselves, we will come to see the flowers growing within. We are not born evil, bad, nor sick in the soul; for it is in our programming, that we come to believe it as such. We are good, loving beings, we only need to de-program ourselves to realize it. We are who we are...

Air

King: Paralda

Elementals: Sylphs

Ruler: Ariel

God Name: Elohim Tzaboath

Quadrical: East

Archangel: Michael

Angel: Chassan

Angelic Orders: Dominions, principalities

Quality: Reasoning

Color: Orange, yellow

Complimentary color: Violet

Form: Circle, dot

Sense: Smell, hearing

Sign: Aquarius

Tattwas: Waju

Magical Tools: Dagger, incense, and sword

Focus: Intellect

Created: Plants

Stones: Spongy, pumice stone, all stones with a yellowish tint

Metal: Copper, tin

Plants Anatomy: Flowers

Animals: Birds

River of Hell: Cocytus

River of Eden: Pison

Musical Instrument: Wind instruments

Musical Note: "e"

Archdaemon: Azazel

Planets: Jupiter, Venus, and Uranus

Signs: Aquarius, Libra, and Gemini

Body: Throat to forehead, ears, nose, skin, and all things with the respiratory system.

Chakra: Anahata

Finger: Little finger

Elemental Beings: Fays, fairies, sylphs, muses, dryads, drus, jinn, pixies, hamadryads, chameleons

Herbs: Almond, aspen, benzoin, citron, clover, dandelion, eyebright, hazel, lavender, lemongrass, lily of the valley, mace, marjoram, mint, mistletoe, sage, savory, slippery elm, pine, parsley

Virtues: speed, communications, adaptability, magnetic, fluid, optimistic, clearness, kindness, intellectual, piercing, perceptive, inventive

Vices: Gossiper, thief, dishonest, contemptible, fearful, lacking of stability, rude, air headed, unemotional

The Four Winds:

Notus- south,cloudy, moist, and sickly

Boreas- north, fierce, roaring, frost

Zephyrus- west, soft, pleasant, cold, moist

Eurus- east, waterish, cloudy, ravenous

Tetragrammic Letter: Vau'

Sanguine Temperament: Penetrating, diligent, joy, Adroitness, dishonest, fickle, kind, clear, eager, contempt, Gossiper, lack of endurance

Air is the glue that holds everything together, the binder of life. The breath that breathed life to live. That which carries the seeds of life to the planets, and unto the ends of the universes. The vital spirit, moving and in transition, that which dreams are made of: the impressions of which, our shared realities are reflected into ones own. Here is my first experience with the air elementals copied from my diary:

"i called in the elemental quadricals, then proceeded to invite the sylphs, who quickly came with a light breeze putting out my lamp. Relighting lamp, i called upon Paralda who came quickly as well, within his own breeze.

i first noticed the king, by a feeling from my nose to the underside of my brain, as if the king was somehow opening up channels within me. There was little conversation, for it seems, that i am not completely ready to receive their respect, and friendship. i got the feeling, that Paralda was indignant that i invoked them while still trapped in a wandering fickle mind, and haughted by unconscious fears. (Those three things were the reasons why i was unable, at that time to completely be infused by their blessing.) For even though that was the case, i was still able to receive a few lessons; for i learned more about elemental magic, as well as how to live more in harmony with my surroundings. For we as a human nation, have forgotten how to live in balance with our surroundings. We are like children, stealing from our mothers purses, even though she has already given us much to spend and use. i have learned, that by the short cuts we take due to our laziness in life, directly prevents us from knowing the true essence of life. They granted me a fresh look into life, being able to see the hidden side of the shadows, where many other things reside.

i asked Paralda to grant unto me two beings, to help me over come my vices. At first, i tried to skry into the crystal ball, but instantly my lamp was put out, with a message to close my eyes. So i relight the lamp, and closed my eyes. There was a fluttering all around me, something that did not bring fear, but an anxiety, so i opened my eyes again, only to have the lamp go out, with the same message. So relighting the lamp, i again closed my eyes, to feel the same sensation once again. Hearing the flutters of little wings around me, quicker and quicker, as this errie light started to flash around me, over me, and under me. i was being transformed like a larvae,

incubated, given the chance to transform my vices into virtues. If only I knew that that was what was happening.

i ask once again, for the two elementals and their names, which as for their names, i was specifically deigned. (Side note, now as experience has it, i have learned that not all air elementals have a name proper, but at times, represent a concept like a smell, or brisking air, etc... So if as like myself, your first invocation gets images and not direct names, know that that is their name, or symbolic representation of their being. As for calling them, all you have to do, is visualize that image within your mind, and then push it out with the will until you feel their presents.) Here follows in my diary the visualized conceptions of my first air elementals, which as i said before i am leaving out.

The last major thing i received last night, was a way to see without eyes. For i was deprived of my sight, so i had to come to see with my ears. Some how, they taught me how to use my hearing, instead of my sight to see, well in truth, the motivation in learning, was my fears. For during the ritual, i was continually distracted by sounds around me, with which my mind would play off of, creating insane scenarios. For in those moments, i came to see how pointless it is to worry over something that could not be prevented otherwise, as well, as how to live in each moment without losing it to fears. For i was in a position to learn the surrounding sounds, seeing with the ears in hearing anything that did not otherwise fit into the normal surrounding sounds.

i closed the ritual with thanks, and blessings unto the sylphs, and the other elemental watchers, ringing my bell four times to clear the area. For the bell banishes the air elementals very nicely. Thank you Adonai for thy blessing in this work. Amen"

In my elemental work, i had decided to continue calling upon each element as they unfold in nature; having started with earth, my birth element, i moved unto air, then water then fire-Taurus, Gemini, Cancer, Leo... Some will decide maybe to start with fire, as the Astrological year starts as such, it is up to you. Maybe simply looking within, and finding out what defects you have, you will then come to call upon that element that will help elevate it, will be your starting point. What ever way you start with, start all the same; for nothing comes to those who only read. For no one, gets any real benefits from bashing around ideas only. For no matter how many different conversations i have had with theorizing magicians, and practicing ones, it is always the ones who practice, that leave knowing still what they know, because of experience, while the theorizing magician, leaves wondering, if they have made the other person see the way they see. Not much of a difference in truth, yet one will never really know, what is true, and will be no better off, then having some forms of intellectual thought patterns, while the other one, will know what is true for their selves, and will have become better for it, and changed for ever. For no matter how many war books you read, you will never be enlighten to the truth, as when behind the line.

To work is to live. It is okay to be afraid, why, in so many of my workings i had been so afraid, that i would have to hold onto my alter, just to keep my knees from collapsing on me. Yet, no matter what, i have always moved on ward, and still invoke. " Invoke Often", has been said by many, and i will say it again, "Invoke Often"...

The air Elementals truly bring up things that lie deep with us. You will be faced with so many memories, and so many fears. They have no room for petty emotions, for they are almost adroit in their beings; and yet they can, greatly effect use through our emotions. They are good at dispersing negative thoughts, and energies, they will take away your pains upon the winds. They are, if not controlled within the mind, able to feed the flames of passions, and disturb the waters of our dreams and lusts, that lie within our minds.

So many energies lie within our mind, controlling our thoughts and actions. The air Elementals will help clear away all foreign energies from us, so that we can come to grasp our inner essence. " Know Thyself", the oracles say, as the energies move through our minds.

Water

King: Nichsa

Elemental: Undines

Ruler: Tharsis

God Name: Shaddai El Chai

Quadrical: West

Archangel: Gabriel

Angel: Taliahad

Angelic Order: Thrones, archangels

Quality: Contraction, magnetic

Color: White, blue

Complementary Color: Black

Form: Half moon

Sense: Taste

Sign: Scorpio

Tattwas: Apas

Magical Tool: Cup, crystal ball, mirrors

Focus: Emotions

Created: Metals

Stones: Pearl, crystals, and all stones associated with water, or of the color blue

Metal: Quicksilver, silver, yellow brass

Plant Anatomy: leaves

Animal: Fish

River of Hell: Styx

River of Eden: Hiddekel

Musical instrument: String instruments

Musical note: "g"

Archdaemon: Azael

Planet: Saturn, mercury, Moon, Neptune

Signs: Scorpio, cancer, Pisces

Body: Knees to waist, glands, sweat, and saliva

Chakra: Swvadhistana

Finger: Thumb

Elemental beings: Mermaids, ocnaid, oreades, nereides, limoniades, sprites, nixen, potamides, undines

Herbs: Aloe, apple, lemon balm, belladonna, birch, poplar, poppy, blackberry, burdock, camphor, chamomile, elder, ragwort, rose, coltsfoot, comfrey, daisy, daffodil, datura, sandalwood, yarrow, elm, eucalyptus, foxglove, hemlock, hemp, hibiscus, jasmine, yew, spearmint, thyme, kava-kava, ladies slipper, lemon, myrrh, morning glory, passion flower

Virtues: Receptive, understanding, empathic, sympathy, vitality, growth, loving, kind, astrally aware, divining, intune with cycles, meditative

Vices: Over emotional, disintegrating, dissolving, secretive, indifferent, no foundations, ungrounded, forgetful, lustful, clouded

Tetragramic letter: First He'

Melancholic temperament: Respectful, modest, compassionate, devoted, serious, docile, fervour, cordiality, comprehensive, meditative, calm, quick, adaptable, forgiving, tender, indifferent, depressed, apathy, shyness, lazy

In the womb of our beginning, lies the truth of our being. May no soul be born without the waters of life. For the firmaments were separated, and the waters of the lustrial skies, unlimited and vastly without number, flowed everything unknown, while the waters below bring life, and the abundance's therein. For the waters are our regeneration, our new beginning. For born of the flesh, we come to leave the celestial waters, only to find them again, in the symbolic baptism of the waters. The waters symbolize life, beginnings, birth, knowledge, growth, and abundance. The waters are the healing suave, that washes all our pain and sorrows away. The waters give hope, and comfort unto those in need. For Water symbolizes wholeness, oneness, peace, silent power, passive strength, and the will to live. For it is that understanding that came unto me, and more during my first watery elemental invocation:

"Having closed the circle, i called upon the quadricals with no disturbances or mistakes this time. Finally a good start, or maybe not, for as i then tried to force the water elementals candle upon the candle stick, it would break at the bottom where i tried to stick the needle in. Getting frustrated, i continued trying to force it, until a flash of what i call implanted thoughts, yet others would broadly categorize, as a flash of insight, came unto me. i melted the bottom of the candle, and placed it next to the needle. This being my very first lesson from the water elementals: passive force.

So i then called upon the undines and Nichsa their king, whom came quiet obligingly, with a flowing graceful movement. To say, the undines were friendly, would speak far to harshly. Yet, within their obligingness, they were the hardest for me to physical overcome. For as i called upon Nichsa, i had this urge to lay down for a moment, which of course, i then asked Nichsa if it would be permitted, least i insult the water elementals. He insisted that i should do so, as i felt a kind hand directing me down. Having laid upon the ground for but a moment, the undines from all sides, started to caress me, a feeling of an almost uncontrollable ecstasy, so uncontrollable, that i almost failed to heed to the warning within my mind, "Do not fall into their trap." So quickly i jerked up ward, while regretting every moment of it. i pushed the undines with my mind away from me. With a sigh of relief, i knew, that i was being tested, and that i had pass it with flying colors. i am just thankful, that i have been working on my lustful thinking patterns, for the past few months?

I asked Nichsa to help me overcome my lower sexual nature, which he granted me two elementals to help me do so. I then asked for a undine whose office dealt with passionate love, as well as another undine, whose office dealt with the first sight of sexual urges, which he kindly granted unto me. Having acquired a conversation with the king, i then asked him to kindly depart back unto his abode, while i did the banishing ritual of the pentagram."

This being a copy from my diary, it is suggested, that you as well keep a record of ones ritual workings. For if nothing else, you can use it in one of your books, just as i am doing right now. Seriously, the diary gives you a map of the ground you have tread upon, as well as a chronological record of your advancement. The diary is the justification and saving grace of the

magician, after he leaves this earthly plain. As well, most of the knowledge we have to-day, would have been lost, if not for those few who kept record of their learning's.

The undines are truly sexual creatures, i knew it, yet had no real idea just how sexual they are. If it were not for the ritual and the charged up protection i had around me, i am afraid to say, i would not have fared so well. It is a very good thing, to get such things under the wing, least later on down the path, they come to haunt us. For our lower natures are to be controlled, not to control us. For there is far too many adepts who have failed to control their lower natures, and have in their ignorance, become controlled by their material desires. For it is a sick sight, to see some old man using his knowledge, to capture the sparkling young and ignorant in his webs.

For do not get me wrong, i do not see anything for say, bad in physical pleasures, in fact i embrace them, when given the chance. For as long as it does not harm anyone, and that it does not cause me to fall from my path, I usually come to embrace it. But, to allow it to rule over our thoughts, and to fall victim to its devilish ways, can only bring with it sorrows, and pain. And so, my friends, do not fall victim to such illusions as such. Do not pretend you have no problems, and that you have complete control of your lower nature. Do not be afraid, for if you are honest and willing to change, you will.

As in all things, we all come to fall short of perfection; some times. And so in my own curiosity, i desired to see how one might come to use the water elementals. i invoked the undine whose office dealt with sexual urges within me, and then walked down town. To say nothing, i was truly amazed. For be it my new found sureness within myself, or the energy i invoked, practically every lady who walked by, had this gleam of sexual urges within her eye. i was physically stopped a few times to hear some very random invitations of sorts, as well as to be told how nice my shirt was or how beautiful my hair was. (side note, this never has happened to me, so that leaves out that argument; for normally i am not even given a second thought.) So then what, well of course, i had to try it again just to see, if i was maybe imagining it? i was not...

Now, i consider such experimentation's harmless, yet wrong all the same. For it is wrong to use one's power against another's will, even if it is only just that which i have done. i regret having done so, and have in my own way, come to pay retribution unto the universe for acting as such.

Now, i did use the same elementals, to help me overcome my own sexual desires, which has been, of great benefit in conserving my energies. For life is too short to be slobbering over every pretty morsel. "i owe much to you my friends, for granting me reprieve of my lower formations, and helping me to see the beauty that lies inside us all, thank you."

So beware of their trap, do not fall victim to their ways, and in so doing, you will be helped in setting yourself free. They are great teachers of beauty, love, and harmony; for as the music of their voices, brings the harmony of the sea, so is it within our minds, that finally sets us free... Amen...

Fire

King: Djin

Elemental: Salamanders

Ruler: Seraph

God Name: YHVH Tzabaoth

Quadrical: South

Archangel: Raphael

Angel: Aral, Samuael

Angelic order: Seraphim, authorities, powers

Quality: Expansion, electric

Color: Red

Complimentary color: Green

Form: Triangle

Sense: Sight

Sign: Leo

Tattwas: Tejas

Magical Tool: Wand, candles, and some daggers

Focus: Will. understanding

Created: Animals

Stones: Asbestos, fire stones, or anything that is associated with fire or the color red

Metals: Gold, iron, steel, nickel, red brass

Plants anatomy: Seeds

Animals: Salamanders, crickets

River of Hell: Phlegethon

River of Eden: Gihon

Archdaemon: Samuel

Musical instrument: Voice

Musical note: "d"

Planets: Mars, sun, Pluto

Signs: Leo, Aries, and Sagittarius

Body: Waist to throat; eyes, blood, and nerves

Chakra: Manipura

Finger: Forefinger

Elemental Beings: Acthnici, salamanders, dragons, crickets, drakes, basilisk, phoenix, sphinx

Herbs: Alder, ash, basil, blood root, cactus, cedar, cinnamon, copal, damiana, dragons blood, garlic, hawthorn, heliotrope, hyssop, juniper, mandrake, oak, onion, pepper, rue, st.johns wart, snapdragon, tobacco, wormwood, yucca, sulphur

Virtues: Energetic, strength, creative, valor, loyalty, motion, perceptive

Vices: Sporadic, breakative, irritable, destructive, intemperance, anger, caught in illusions

Tetragramic letter: "Y"

Fires:

Celestial-all consuming, bright, joyous, wisdom

Terrestrial-partakes in both celestial and infernal Infernal-dull, dark, consuming, pain

Choleric temperament: Activity, enthusiasm, eagerness, resolute, courage, productive, gluttony, jealous, passions, irritability, intemperance

Fire: the giver of life, strength, courage, will. The heat that moves all things, the sustainer, and the all devourer. The father of creation, the electric movement. Electricity untamed. Out flowing

movement, and energy, which pervades all things from the smallest molecule to the largest sun. The all expanding circle within a circle, the giver of life, and light, devourer of darkness, the beginning seed of life.

Fire is said to be the most dangerous element to work with, being it is the element of Will power and inner strength, which most people lack. So no wonder it is one of the most dangerous to work with, for if one has not enough will power, they would come to eat you alive. So in that case, i will agree that they are the hardest to invoke, and yet, in having worked with them myself, i have found that although they are very severe and consuming, if you feed their pride without cercoming to it your self, staying calm, and in control, you will have no problems with the salamanders. They are most generous in regards to helping those who are very serious minded. i will say though, it is far better for you, to first build up your will power, before trying to invoke the salamanders. For they are masters of illusions, and very hard, on those who lack the strength to match theirs. So now, let me write my experience with the fire elementals:

" Calling the quadricals, and inviting the elemental watchers, i found it was extremely easy this time. It seems as if the elementals are now used to my presents and energy within their spheres of consciousness. Having felt their presents around me, i then called upon the salamanders into the circle, which they came very readily. Instantly the air cleared of all other energies, as if it seemed, the air its self became thin and brittle while thick and constricting at the same time. There was an errie feeling hanging in the circle, an almost upright quality of doom. i felt like i were a student, listening aptly to my teacher reprimand me for something, or a child being disciplined for some curiosity. The air was defiantly very serious, so i allowed myself a few minutes to breath in the energy, as i then called upon Djin, who quickly made his presents known. Very austere and kingly. i felt him moving into my eyes, up to the lower part of my brain, as my conscious thinking process changed. The light within the room became brighter, yet the candle flame did not grow, nor flicker in any way.

It seemed upon entering into the circle, i had felt unconsciously, insignificant in regards to my powers of fire. i was greatly put at ease though, as Djin pointed out qualities of mine, that i have looked at as trifling things, while he showed me they were not. For in my unknowing, i have had strong qualities in the element of fire, and it was nearly my misinterpreting them as nothing, that created my own disbelief. It seemed very easy, almost to easy to gain the salamanders respect, so we will see how easy it is in a few days time.

My purpose on having called upon the Salamanders there, was for completeness in my work, as well as, for once and for all gaining control of my lustful desires, as well as to gain more strength with my Will, and come to gain some virtues of the fire elementals. i asked Djin to grant me two teachers to help me learn the salamanders ways, which he readily gave me. One of which dealt with the distortions of images, and the other with electronic information. Two things of which, i had no idea they dealt with fire, until i was informed as such. It seems, i had no real idea what exactly the fire elementals represented, and in only my work, did that void become filled. Having acquired conversations with both the king and the two elementals, i then consecrated my carnelian ring unto them, and then thanked them for their presents, as i asked them to kindly depart. There was a little difficulty at first, but with a little more show of my Will, they obligingly left with good grace."

This being my first fire invocation, i would say i was more scared calling upon them, then any of the other elementals. Yet, was not only that fear unfounded, it was unjustified. The salamanders have come to be my friends and strong allies upon my path. The ritual was a complete success in all ways, and having waited to see the outcome a few days later, i found it was the easiest for me as well.

It is strange now, how i came to see the fire elementals as being stronger then all the other elementals, but upon introspection, i found it simply that, the fire elementals were only the most up front with their energy. For it is the fire elementals who show strength in overcoming, the water elementals in absorbing and integrating, the air in binding, and ascending, the earth as grounding, and smothering. All in their own way, and in their own spheres of influence, being the strongest. It just seems that upon the wheel of destiny, we are in a time of fire, which grants the fire elementals more prominence at first appearances.

Even after completing the salamander invocation, i felt as if it were too easy. For why would all the magicians claim the salamanders to be the most dangerous, if there was no merit to their claims. So in the days that followed, i watched and waited, all the mean while keeping a close watch of every thought pattern that came into my mind; nothing. The only thing that happened after that first ritual, was my ability to see patterns more clearly, and a little application of my power of Will. The exact two things i desired to accomplish upon entering into the ritual.

What is it about, Change? One could go for years to many psychologist, and still never overcome one fear, yet while in the circle; being honest, humble, excited, fearful, and strong, being patient and open to the truth, one will overcome many fears in just one session. i do not claim it a form of psychology, only i claim being honest with ones self, and being willing to change. It only takes one push of the button, to erase an unwanted program. You will see. You will also come to see, your loved ones and friends looking at you differently, as well as unconsciously placing those vices back upon you, simply because they expect it of you. Be strong, and use your will to make them change their programs of you, otherwise you will either fall right back into the old patterns, or lose those who keep you from changing.

Doing away with the ritual for a moment, lets look at the emotional/mental mind while in ceremony. Here we are, knowing our good and bad qualities, desiring to overcome the bad while amplifying the good. We are honest with ourselves in all things, humbling down, as we enter into the circle, and seek help from the hidden reservoirs within our minds. Excited, filled with more energy then normal, feeling tingles up and down the spine, and the body, which gives us the fuel to carry through with the insanity, and overcome all things. And last, at peace with the truth, what ever that be, allowing that truth, to finally set us free.

So now, here we are in the circle; a circle being a geometric form, with no edges nor stopping points for energy. It, being the energy, only cycles around and around, growing in strength, while the magician calls in more outside energies, shaping them unto his will, and then releasing them to do that which they have been called upon to do. Now in life, we all want to be something special, someone who has left an imprint here, upon this soil of earth. For its upon entering the circle, that we are given the chance to change our lives for the better, and so, it becomes sacred

to us. It becomes special, and in that, we become special within our own eyes. For we all are stars, we only need to realize it as such.

Opening ourselves to the circle, becoming one with the circle, as it and our alter become more and more a representation of our understanding of the universe, and our spheres of influence therein. We embrace it, and open our energies up into it. For now, we are to call upon those vibrational energies we desired to invoke, infusing them within our consciousness, and come to transform our negative qualities into good ones, and our good qualities into the light we wish to shine unto the world. We infuse that energy into ourselves, by naming, and claiming it as ours. For it is the subtle energies, that our very souls work with, for it is the very essence that gives life, and it is within our ability to use them as we see fit. Most believe nothing in the claim i lay upon this paper, yet simply look at the fruits of such people who practice, and allow that, to be your justification in doing the work. Really look at those who have empowered themselves with such actions, and you will come to see a difference. It is only the Adept, whom in time have learned to be secretive in all things they do, that they at first appear to look and act just like everyone else; watch and you will see the difference.

Like i said before, i am not here to argue over this or that. For i care less what you or anyone else thinks about my path, and my way of life. If it was all just a figment of my over active imagination, i would still care nothing. For it is what makes me to-day, and in most peoples eyes who see and come to know me agree, that i am doing something right. Yet most of all, i know that i am doing what is right. In writing, i am not here to prove myself, or try to change societies out look upon things, only to shine the light for those who desire something different, and in that, making it easier for them to ascend the latter.

So how do i know that it works, you ask? Well, i am very honest with my self, i am very scientific in my approaches, constantly analyzing and trashing thoughts, i know my self very well; both my weakness and my strengths. i know my normal thought patterns, and what i think when doing something i would consciously rather not think. It is knowing these things, and acting purely upon scientific style of approach, that i come to see my thoughts and actions become more pure. It is through constant tests, and pains, that i come to see that it works. Anything other then that, is pretty pointless anyhow; for if we can not even get control of our thoughts and actions, how are we ever to think, we can reach peace within.

So question me, argue, yell, beat your fists upon the walls, call me a devil, or the anti-Christ; call me anything you desire, for it will not change me from seeking out the riddles of life. i try not to judge others, nor pretend that i am above them, for those things only come to trap us in the webs of jealousy. i do though judge myself, and in no way will i let my self get lead astray. For it is my life, and so i will neither follow behind some religious dogmas (Dog Mass), nor believe in any scientific laws, until i have proven it my self..

So in warning, be careful with the Salamanders, for although it was easy for me, it might not be for you. For it is said, that we each have one hard elemental relationship, which in my experience is true; for i in my work have had the greatest trouble with the air elementals. So take it slow, yet steady, and everything will work out...

Studies:

Ones studies are very important in the beginning. For it gives one a basis to work off of, as well as giving one, techniques to practice. i in my belief, have found more merit in studies, then in simply jumping into the unknown. It is agreed with me, that everything lies within us, and all we have to do is remember. The only thing is, what might have taken years to remember, as we scabble within our programs, would only take one minute, when read from a book, and the soul grasps upon it. For there is far to little time, to be wondering aimlessly within our minds, while things all around us moves onward. There is a reason why it is so easy to get all the knowledge from our ancestors to-day; think about it. No matter about such arguments, i would suggest one first reading things from the past. Try not to fill up your mind to much with our present day new age movements, for that is nothing but babbling fools, following their own tails. The truth is within you, not in some fool looking for a buck.

There is a few things that come to mind, when thinking about studies. For one, there is a reason why our souls chose the nationality we are. It does not mean, one is better then the other, it is only that, each nationality has some major theme to teach the soul, and that is one of the reasons why we were born in the house that we were. First come to know what ones surroundings are, learn that which you have right at your finger tips. Then take your studies to all cultures, all religious and political systems, all meditations, magic's, mythologies, philosophies, everything and anything that perks your curiosity, study it, and practice it.

For the time will come, when everything you study will work its self upon your path, and upon the tree of life. It will one day help you in ascending upon the tree, as well as it will help amplify your being, making one more rounded, and more open. For the possibilities of what is possible in life, are as limitless as the Universe its self; for knowledge is power, and depending how you use that power, be it for the betterment of life, it will one day turn into wisdom.

There is a belief, that the more you read, the worse off you will be. For it unconsciously programs you with other peoples beliefs, and experiences, robbing you of your own. So beware of that, be conscious, and analyze everything, for your soul will never mislead you, as long as you listen and not talk. Studying is a blessing, it keeps you company, and gives you hope. There is no useless information, only in how we assimilate it, and place it in our life. Be humble, honest, positive, receptive, and open, and then all things shall be made clear, in time.

Study, learn, grow, force your mind to expand, learn how to apply the knowledge to your life, be open to everything, yet analyze and critic it until only the bare truth stands above the ground, then water and watch it grow. For the more you will learn, the more your soul will awaken, the more you apply it to life, the more you will come to know of your souls purpose.

Now, as to a suggestion, when studying, come to follow the theories and laws to their sources. Do not take something as fact, just because the whole world believes it is so. For some times, the majority is wrong. Also, there will be times, when you might take something on authority, and later find out that the person either misquoted, or completely overlooked something, that changes the whole idea. Be careful, is all i am saying. For other than that, go at it till your mind is full. Now, in my experience i have come to learn older is better then the younger in wisdom, while

the younger is better than the older in creativity; really think about that, for with the two, you could change the world, or at least your self.

Now before i go further, i would like again to say, that this paper i write unto you is of my own experiences, and those things i do upon my own path. This is not some ancient traditions that i teach; for say- although i do borrow from the ancients, i will not be stupid to claim that that which i do, is anything they intended. In fact, i could in my ignorance be misleading you into a hole, in which case i say STOP, before it is too late. For there are no guarantees in life, and in saying, you might not be able to trick yourself into believing this dream i weave unto you is real. In which case, it would be a waste of your time...

In and upon my path, i have come to want to learn as much as possible, leaving no stone unturned upon my path. Now, of course there is not enough time to learn everything, nor is there even an enough time, to learn a little of everything, only enough time to learn what i can, and then apply it to the Great Work. That is all i can really hope to accomplish, a jack of many trades, yet master of nothing other than myself. In the following, i will give you an idea of my own system of studies, and of that which i have or will be studying in the future.

Upon my path i have come to associate certain ideas, subjects, thoughts, etc.. with that which i am working on, at that present moment. So, as this paper deals with the elements, i will give you an idea of what i mean. When i work upon the earth element i will come to study the following things: Food, cooking, digestion system, biology, geology, yoga, martial arts, dance, anatomy, physiology, massage, acupuncture/ puncture, astronomy/astrology, mechanics, evolution, animal/human interactions, etc...

As for water i might study everything that deals with the water, space, psychology, as well as anything that deals with the emotions, and behaviorism's, play water sports, swim, study fish, water herbs, plants, sexuality, sensualist, dance, meditations, etc...

For fire i might come to study martial arts, war, chemistry, the will and its limits, energies, electronics, lightning, volcanoes, animals, fire, medicine, different forms of magic, etc...

As for air, i might come to study flowers, pranayama, memory, how the mind works, neurology, aromas, how the hearing works, etc... You will come to find your own forms of study, it really does not matter what i study, just what you study. Just remember to study all the same. For those things i wrote, are but a few areas one might go with their path. The more you learn, the better off you will be, for you will find answers to questions in the oddest ways, you will see...

Learning how to understand energies:

All things contain virtues, be it celestial, elemental, or infernal, all things hold an essence that the magician might use for his work. By experimentation, one can easily acquire an understanding of each object's virtues. Doing such things as carrying them around with you during the day, or sleeping with them under your pillow at night, meditation upon them within your hands, or simply holding them to you, while feeling and consciously seeing what images come into your

mind, will help you understand their virtues. Transferring your consciousness into them, which I will later explain, is another good way to learn their virtues, and infuse them within one's self.

Plants, stones, metals, animals, pictures, colors, sounds, gems, objects, trees, flowers, thoughts, feelings, and every other created thing, contains an essence and virtue, which will come to help the magician amplify their being, as well as help in their rituals. For example, gathering stones, plants, herbs, colors, sounds, and images of fire qualities, prior to the ritual, will help infuse those qualities into you, making it easier for the mind to cope with the transition necessary to become one with the fire elementals. It also, is good in strengthening one's weaknesses, by caring those things infused with the desired qualities, and allowing them and their energies to become one with yours. Just ideas, think and meditate on it your self, there is many beautiful things one can do, with other things natural virtues, practice and you will learn.

With learning the virtues of things, one can gather a certain metal, stone, or what ever else, placing them in cups of purified, and blessed water, while placing in each cup something different, be it salt, or sugar, herbs or stones. Experiment, and see with what ever comes to mind. Then having let them soak for at least twenty four hours, take each out in turn and focus on that which they bring to mind. At first you might simply come to feel a difference, yet with more practice, you will come to know and see a difference. This practice alone will help you become more sensitive, and perceptive to different forms of energy. When using a object, it is of great benefit, to cleans its present energies from it, by doing the following, or something along its lines.

Placing it in the earth say: " May all energies here unto being formed, be returned unto the universe where it has come.

Placing through the fire say: " May the fires of purification burn away all things, So that it might be purified and sanctified by the light that sets it free."

Placing through the smoke of the Incense say: " May this incense banish away and cause to retire all energies, allowing none but the desired things to come unto thee."

Submerge in blessed water as you say: " By the foundation of our regeneration, may this object be made pure and clean, from death unto life, may it be set free. Amen"

As you place it through each of the elements, visualize and know that all energies are being taken away from the object. After which, a ritual or simply a prayer would do, as you focus your desired energy unto the object, impregnating it with your breath. Know that all things have their specific purpose, so when working with the virtues of things, know that that is what it can do, nothing other than that.

In charging the object, be it a picture, a stone, etc. the first thing that is needed is the cleansing of it. For any left over energies within the object, will only come to disrupt that of which you desire to accomplish. It is very important that you take the objects natural qualities in mind, when charging it, for it would be foolish to charge a piece of trash, with bringing out one's beautiful qualities. For instead, it would be better to charge it with taking away those qualities that keep

your beauty from shining forth, as you come to release them with the trash, as you throw it away from your life. So learn the virtues, and qualities of each thing, before charging them with ones desired energy. For although it is not dangerous at this level to mess up, it would still bring worries and suffering, that could have otherwise been avoided, if only you learned its natural qualities first.

As for charging the objects, there is three major ways to do such:

- Charging by Will
- Charging by Elements
- Charging by Ritual

By charging with the will, feel your desired Will move into the object, know it, see it, and believe it, for that is what is happening. Maybe speaking out loud that which you desire to charge into it will help you, while you impregnate it with your breath, invoke the feelings you associate with the desired outcome into it. Transfer all thoughts, images, etc. into the object by focusing your Will into the object.

The next is charging with the elements. Having learned through your own experimentation what each of the elementals qualities are, and hopefully having acquired a feel, of what each of them represent, you can invoke that essence into the stone by filling ones memory of the elemental being, then transfer that energy and those thoughts into the object. One is to first invoke the element, by what ever means you see fit, then focus that energy into your hands which hold the object, then visualize and feel, that energy becoming infused within its being. i will go into more detail, in regards to what purpose there is in charging things with the elements a little latter.

As for ritual charging, one can either place the cleansed object in the center of the alter, or upon the circle, which, those being the major focuses of energy within the circle, the object by virtue of simply being there, will gather the surrounding energies. There is also, the conscious invoking of the energy within the circle unto the objects, by using the above two forms of charging objects.

Strength of Will power and belief, gives the Adept the power to work miracles. The more one practices, the more real will the work be. It takes awhile for the work to really manifest its self. Of course, there is the instant gratification in doing the work, for if there was not some reward in the beginning, there would never be any motivation to seek out any more. The funny thing is, it will seem that one is not gaining anything more then what is at first given off hand. It will take months, if not years for the full realization of what is happening within ones self, and what benefits you are gaining to become apparent. No matter, the simplest seeds of a gift, is all there is needed, to justify moving forward upon the path. For that first realization, gives the hope of infinite things, you will see...

Elemental Meditations:

The first thing in need to do, is to make a list of all ones good and bad qualities. Looking deep within, come to see your personality traits, do you get angered often, depressed, shy, etc...

Everything and anything that comes to mind, mark it within your mind. Even better, write it down, least you unconsciously try to forget it.

For example, one of my traits that has haunted me for years. is the obsession of beautiful women. i would come to fantasize over them, as they stood within my mind, mentally masturbating over their physical image; and in some cases, as sad as it is, physically masturbating as well. Having truly been disgusted with such lack of control, and violation of others external images, i wrote this down on my own private book, under negative aspects. So, be ruthless to your self, do not let such things go unnoticed, or try to hide them from your self, nearly because you do not want to deal with them. For one can not cure a dis-ease, unless you know what it is, and only then, can one hope to overcome and cure it, as you transform that wasted energy into some higher.

Go through your life, really look, for this work is to give you control; control of your life, control of how you react to outside and inside stimuli, and control of your surroundings. It is the serenity within that we are seeking, for those who have peace inside, shall come to fear nothing, for no matter what happens to them, they will always be content.

Personal psychology is truly one of the best things you can do for your self. For just as in astrology, the stars rule our lives, until we master them, and then we rule them. For in psychology, it is those personality traits, and those psycho-babble terms that rule our lives, and until we learn the rules, and conquer them, we will then in turn come to rule psychology; or in other words, we will come to control the science of our own minds. So, learn how you react to life's ups and downs. Analyze, dissect, and purify. We have the control, if only we use it. For it is easier to let others run our lives, yet look now what has become of it. Lets take control, and lets walk through the pearly gates together.

It takes a lot of courage and strength to be ones self, while not allowing others opinions, or thoughts from disrupting who we are. You will become disgusted with who you are, and who you have let yourself become. The thoughts upon analyzing yourself, will shatter all your beliefs of yourself. For who is this i have become. Why am i so tired, why do i do these things, what do i care what they think, why do i do this thing for them, how much money do i have, will i make ends meat, will my rent go up, every little thought will add up to how your mind works; and as the philosopher said, "I think there for i am." We are our thoughts, if we worry all the time, we are a worrier, if we think like a doctor all the time, we are a doctor, if we think like shit, well, you figure it out. There is cultures that believe we are reborn unto that thought we had, when our last breath left us. If we were thinking of a dog, then we would be a dog, of a loved one, then we shall once again be with them, of a insect, and so on. Yet if we were thinking of the Godhead, then of course, we would return back unto that which we came from. It will get lonely, and everything around you will seem dark, and everyone around you will seem to be an enemy; know this is only the first of the first three great veils we must overcome to realize ourselves. The light will shine upon thee, just preserver, and be honest with your self. No one will understand, your world will be turned upside down, and you might even come to lose your feelings, towards those that at one time you cared about. It might happen, so just know it is okay if it does; for others have been there to.

For in my own experience, i have had to lose everything i held dear, my friends, my beliefs, my dreams, my loved ones, and the very ideas of who i was. i lost it all, to gain everything. It was a small price to pay for freedom. Of course, at the time, i screamed and yelled, cursing the day i started on this adventure. For why i asked, as i cursed everything around me, why should i have to suffer so much, to gain control of my life? It is hard my friends, yet if you desire to walk the path of the High Adept, it is in need to be done. Just know, that it is not easy, and that others, believe it or not, have gone through similar pains and sorrow. It's okay, it's okay...

The next thing one is to do with their list, is to categorize each quality with an element, or elements. As for my example, that lustful thinking would be under fire for its devouring personality, and its flames that burn within, and water for its sexual nature, and the way it eats me slowly inside. This exercise helps one see what elements are more or less prominent in ones life, giving one a focal point to start on with the future exercises.

So here we are with a book full of our bad and good qualities, with its elemental correspondence, what are we to do. One thing we can do, is to then write that quality which will either balance out our vices, or completely cancel them out of our sphere of consciousness. We are to rule our emotions, not be ruled by them. For as said in India, the desires\emotions are the horses, the mind the reins, the chariot the body, and the charioteer the intellect\soul. For would it not be nice to attain those qualities you like in others, while ridding yourself of those qualities you do not like within your self? Well then, do it... It is not easy, yet when using something such as the elements, grasping each quality by its root source, one can quickly acquire, and overcome all things that you desire.

Part of the occult sciences, is seeing thing for how they are. Some how, our minds have made things so complex, that understanding things much less controlling them, is almost impossible. It is not as if there is very many secrets left in the occult world, everything has in some form or another been written upon, it is simply the application of the knowledge that still baffles the uninitiated. In truth, we are simply trying to harness the universal energy without causing a influx, and it is our minds that have the greatest abilities to do so. We only need to learn how, by remembering and listening. For all things come to those who are patient and sincere.

The next thing one might come to do, is to learn how to associate each thing in life with an element or elemental. As you walk down the street, what is it you see? A car, a dog, a red light, a person, green, a fence, yellow. All to see, now come to understand its elemental correspondences. This exercise will help you understand each of the elements essences, and as well, will come to improve your understanding therein.

The Elements are the broadest form of classification known to my self, that still allows all things to be classified within them. Each object, say a computer has the elements within its essences, only with differing degrees. The electricity and all the components run off fire, the CPU is air, the screen is water, as it reflects that which accures within. The key board is earth, where all things come to manifest, and all things come to be formed. You get the idea, for the computer is far more complex then that, yet the idea is there for you to grow off of. When one gets into more detail, you will come to really see and understand the virtues of such classifications. For within

such broadness, your mind will gain an ability to understand all things, come to know all sciences, and be able to penetrate into the vastness of the universe.

It is funny, for it is said that one can not know if something is true, unless you try to find out if it is for ones self. And in saying, all these things you can say are foolish, and pointless, for there can not be any merit to such claims, yet something inside you, will always never believe your own doubts until you have proven it. So you are simply going to have to jump in, and find out for your self. Just like the crystal the ancients used to communicate with other places and people, was considered fiction to the modern mind, until we started to use them in our electronics, and in our phones. What about the mirrors used to carry information, or see those things you are communicating with. We said it was superstition, yet now we use mirrors to reflex lasers carrying information, or holographic imaging to see those things communicated through the light. What is this saying, all those things we at one time thought hidden, or superstitious, now are the foundations of our very sciences, think about it. Maybe they were not wrong, they were just using different tools, in fact, they were using the greatest tool of them all; themselves...

Okay, now to the next part of the elemental exercises. Having acquired a feel for each of the elements, we now shall try to infuse ourselves with its energy. For if you have gone through the yoga practices, and have gain some mastery over the ritual workings, the following exercises should pose no problem. As for those who have jumped ahead, i at first warn thee to be careful, and secondly, i wish thee luck, for most who hurry upon the path will either miss the door, or burn up in the trying.

So sitting in ones chosen Asana position, imagine the element you desire to meditate upon all around you. Feel it, as if it were touching you from all sides. Imagine its qualities, its essence all around. Now visualize it drawing into your being with each breath. Feel the element move into your body. This exercise is different from the consciousness one, for these exercises, you are to keep your consciousness attached to your body, neither mentally nor spiritually letting the element overcome your thought patterns. So now, feel the body become infused with the element, letting it grow stronger and stronger. If fire, feel the heat rising within you, water the coolness, air the freshness and lightness, earth the stability and weight. At first take it a few moments at a time, but with practice extend the practice, as well as the amount of the element you allow to infuse within your being. For there is great need in the beginning to be careful, for you are now physically effecting your biological system with these exercises, and in so doing, can cause great sickness within the body. As for when releasing the element, allow it to dissipate from your body with each exhaled breath, allowing it to return back unto where it came from. Make sure that you release all the elements from your being, least it cause troubles, when you are not fully in control of your surroundings. Beware, and be smart.

Having acquired skill in these meditations, one is now to completely infuse their consciousness into the element. At first this exercise might appear to be like the others already given, the difference is that you are now doing it with out the element in sight, as well as disintattaching the consciousness from your body. This exercise is dangerous to those who haven't a grasp of their being, and their emotional minds. For here, not only are we going to exclude the other elements from our beings, but completely become infused within one elements purest nature. For in shifting the consciousness completely into the elements, there is created, a great unbalance

within the human, who is made up of all four of the elements, and not just one. So if one hasn't already done some work within themselves, they run a great risk of becoming emotionally unbalanced through these exercises. The following exercise is to be done just as the others, starting by talking out loud. The only difference is that, as you move up through your body, you will slowly lose consciousness, and that when you come up to the point of having the element within your mind, you will find that you have lost your individuality as a person, and will have become the element. The following exercise is as such:

First go through relaxing the body by allowing each muscle in turn to relax, until your body feels like water. Next visualize that you are at the beach, watching the waves coming in and out. Smell the salt within the air, hear the seagulls in the distance, the seals are calling from afar. You see the seaweed swirling in circles around some rocks out in the distance, you can feel the sand under your feet, knowing, believing you are at the beach. Make yourself believe, by telling your mind it is so. For the mind is only a tool to be used, so use it. Next, visualize your self walking into the water starting at your feet as the water slowly swirls around the foot, under the foot, over the foot. The water starts to seep into the flesh, soothingly relaxing the foot, moving into the sides, moving under the skin, around the ankles, within the ankles, moving in the blood that flows within the foot. Feel the foot grow lighter, softer, as the water starts to take the feeling of the foot away. Slowly the foot grows lighter, softer, and softer, as it slowly becomes the water, and then floats away with the water. Now the water flows up unto the shins, and the calves, flowing gently at first around, around the skin, the muscles, the bones. Becoming infused within the calves and the shins, moving from one side to the next, as it slowly allows everything to grow lighter, soft, and softer, as it floats away in the ocean. Feel the ebb of the ocean become as your breath, as you breath the water comes in, as you breath out the water flows out. You got the idea, so do it to each part of the body, and organs. Now, as you come to the mind and the consciousness, you will have put yourself into a trance, that is if it was done right, so except it, allow it to continue, do not analyze it, or try to figure it out, just let it continue. By this time, the chances are, that you haven't been talking for a while, and that the mind has been working on its own accord. When the water moves over the mind taking it away, there will be a gentle transformation of feeling light and soft, as at first floating within water, then you might come to remember floating inside the mother, within the womb. These things will be very quick, as you move into becoming the water its self. From here i will not say anything upon that of my own experiences. This exercise is very important in learning our inner essences, and how it is that we exist.

There is a big reason why one should not do these exercises until they have good conscious control of their thought patterns. For in the return to normal consciousness, there is a great risk of the element gaining a major influence over your life, which will cause great difficulties in readapting to society. Even i, upon much preparation in these exercises, was in trouble of losing touch with my balance, as i came back to what should have been my normal state of being. Just be very careful, and remember to do a lot of meditations upon returning to your consciousness, so that you can make sure you are balanced before actually stopping the exercise. So as for coming back unto your own, you shall have prepared an amount of time for the exercise, consciously telling yourself that you would float out to sea for half an hour or so, and then return back unto the coast where the earth would come to interfere with the waters consciousness, and above the sun would be burning its fire down upon thee, heating the water, which dissipates into

the air which brings one back into a balance of the four. Then slowly allow your consciousness to materialize, by the mind becoming physical again. From here the transition, should be easy, making sure that you go as slow returning as you left.

These exercises are the preliminary to those we are about to talk about. These exercises are unproven by me as yet. i will simply write that which has been handed down through antique. It is up to you to believe or disbelieve. i again state, that i have not had any experience with these following exercise other then that which i effect within my self, and a very minimal amount of temperature change in one of my last experiments.

The following exercises are to cause physical changes with the elements. The one experience i have had, had to deal with fire. i was meditating upon fire, bringing the consciousness and the element into my body, feeling it grow with each breath that i took in. After having built up the fire element within me, i transferred it to my right hand, building its heat within that area of my body, until my hand felt as if it were placed within boiling water. i then focused the fire element to leave my hand, and move it over to my left, while watching a thermometer hanging between my hands, the temperature rose a few degrees. i haven't had time to have another controlled experiment as such, so there is no way for me to say it was a flux, or an actual effect of my will.

So this is the idea behind these meditations. One should in practice go through each of the elements in turn, creating controlled experiments where one could then gadge there progress in these exercises. Using barometers, altimeters, wind pressure tools, etc. Test yourself, do not believe anything, until it is proven by your self, but don't fall into the societies mind set, and automatically assume it does not work. Give it an honest try, and see?

In time it is said one should be able to walk on fire, or dry rings of snow around ones body, to be able to lighten the body and levitate, to be able to stay cool in the desert, or be able to put the hand into boiling water without harming ones self, to be able to become heavy or as light as you desire. These being only a few of the promised gifts one would receive from these exercises.

The next thing is to actually control the elements in their physical appearances. Start by controlling the direction of smoke, dissipate the clouds, put out fire, start a fire, come to feel the earth's motions, predict earthquakes, come to know the virtues of all plants, stones, metals, etc...

What ever the possibility of these exercises, the idea is out there. And in some cases, science has proven that these things are possible; for if you come to read any of the case studies of parapsychologist, you will come to see the possibilities. What ever the case, i simply recite these exercises for completeness, that is all, for i have not as yet, come to gain much control over these exercises, although in the next few months, i do plan to go into the woods and practice these exercises, until i have had some success in them. For some things simply need our whole attention, and these are some of them.

Well, these elemental exercises are up to you to prove or disprove, what ever the case, i believe within the next few years, there will be a major shift of consciousness as a whole, and in that time, there might come a time when these exercises will be given unto the masses. Yet, there is also the problem that comes along with such gifts, and so i say learn them the right way, at your

own pace, for if you get caught up in the shift unprepared, there might be little chance of holding to ones sanity. What ever the case, be it just my over active imagination, or simple paranoia, i do not know; but i do fear that the times are near. Look at the weather patterns, the way that we treat our children. Look into all the governmental problems, the mid-east. The computers have now taken the greatest step, in separating man from man. Our cities have become more dangerous then the wild. The police are a law unto themselves, and soon they will try to take our guns from us, in order to be the only power. The drugs that are feed to us, control us by our addictions. The movies and music propagates violence, which unconsciously programs it into us. We are desensitized. Natural disaster after natural disaster has slowly chipped away at our borders. Sickness is coming, because of our excessive waste. It is right to blame it on God; for we are the body of God; and God is Dying. Surly by looking, we must be able to see our sad state. Pretty soon the sun will be our greatest enemy, the air will be the poison of death, and we will burn our planet, just as mars before us. Yet in it all the change that i fear, will be within us all, there will be days when the depression will take over mass groups of people, leaving them hopeless, and desperate. More and more violence will rock our cities, nature will continue to buffet us with her fingers, prices are going to go up, while the money worth is going to go down. The economies will be at the brink of falling every day, war shall continue to be a major issue, famines, plagues, sickness, everything will lie at the corners of reality, not making a big difference at first, yet when having taken their tolls, one will come to see. Things are not okay, we can hide behind our charades and say they are, but when it comes down to the truth, they are not..

Something's are simply not for the masses to know. Least, when these times become crazy beyond our control, and everything is falling around us, that people would use those things given unto them for unruling things . Humans have not reached the stages of maturity yet to gain such powers such as these. For in talking with the elementals i have been told many things. They tell us that at one time, we had great spiritual awareness and powers, and through time, we have proven that we deserve not these virtues. So they were slowly taken away from us, and made into ridicule and quackery, which in turn has turn into the lower formations of magic as we know it today. They say the keys were given to a rare few, which unknowingly held onto them because of reasons unknown to the elementals i spoke to. They say in these days, the true essence of these keys, are once again starting to reach within our minds. They claim that in this present aeon of time, we are moving into a big conscious shift, and it will be up to those few who have acquired an understanding of themselves and the keys of the higher mysteries of man, to carry us through to the next. They say these times are times of transition, and that those who desire to hold onto those things they know, shall lose everything, while those who put their trust in the universe, will gain the new garden of life; the new Eden for say.

Well, of course only time will tell if that which happens will happen. Yet, no matter what happens, we would still be all the better off, having gone through the work as it is.

Elemental Creation:

This is the last thing you will need to know, to gain a complete conception of elemental magic. Before i move into these exercises, i would like to say, that karma works in threes unto those who do not believe, yet unto those who know, ten fold shall rule their show. In other words, if you consciously sin, your punishment shall be all the worse for it.

So now, always keep in thy sights, pure and loftier ideals. For anything that you do that effects the physical aspect of life, will keep you that much further away from those things of the spirit. Weigh out everything you do, plan everything, do not foolish waste your energy on things that matter not.

In creating Elementals, the magician charges and creates beings with the elements, embodying these beings, who and which shall serve a specific purpose. Now in creating an elemental the following rules apply:

In creating an elemental, the virtues of the elements should be taken into consideration, when setting an elemental on a task. For the Elementals can only do those things which their element allows them to do.

The elemental beings, must have a name or some other form of identification, which the magician might come to invoke and control it by..

When creating an elemental, do not make them do more then one task at a time. For they will become to spread out, and will either, not complete their tasks, or not do them at all.

Now as to creating an elemental, visualize before thee, the desired element you wish to work with; lets say Earth. Visualize the earth element growing within the circle as before, this time, do not take it into your being, but instead, allow it to fill the circle until the pressure becomes unbearable. Then use your imagination, to compress it, into a ball before thee. See it, as the ball becomes darker and darker each moment, the earth element growing within it. See the greens, browns, blacks, intermingling within, swirling together like clay and mud in water. Then feel ones consciousness, and ones desired ends, shift into the ball, charging it with ones will. Continue to charge the ball, until you feel it has acquired your intended purpose. Then, shape the ball into what ever form you desire, or leave it the same, all is at your own preference. For this type of elemental, there does not need to be a shape, though it is human nature to believe something that has form, over something that does not. What ever choice you make, this is the time where you would attach the chosen name to the elemental . Keep in mind, that it is better to use a name that is not popular, for in every time the name is called by you, or by someone who knows your magical elementals, it would come to bring that elemental into your presents. So it is always better to chose a name that is uncommon, for in doing so, you will not run the risk of bringing the elemental into your presents.

Now in creating elementals, we are karmatically attached to everything they do. If some other magician were to get a hold of one of our elementals, and use them for adverse things, that karma would be ours to share, as well as the magicians who used the elemental. So know that when creating them, and their names. Now, it is a good practice to set small spells for the elemental, to either disperse when they have completed their mission, or to return unto their element, after an allotted time. For this, will help prevent things from getting out of hand.

The last thing one is to do, is house the elemental, be it in stone, metal, a statue, sticker, what ever it is, simply shift your Will, so that the elemental becomes bound to the object. This

prevents the elemental from wondering around when you are not consciously binding it. This is the basic instructions to creating an elementals.

Some of the benefits in creating elementals, is to have some task done for the magician, to transport information for you, to communicate with other magicians, to forewarn you when danger is near, to protect the magician, and many other things. The possibilities are as limitless as life its self. The idea behind an elemental, is simply a conscious charge of will that is focused, and then released unto the etheric planes. So when upon the etheric planes, the elemental does its chosen task, and then goes back unto its desired place. From the direct influx, the etheric planes slowly change things upon the mental/emotional planes, which then effects things on the physical plane.