

A Kind of Magick

Manifesting From Your Heart



Nils Klippstein

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Nils is a heart-based author and guide. His work focuses on emotional openness, inner balance, and living in deeper connection with ourselves, each other, and the world around us. He offers support in areas such as emotional healing, forgiveness, and creating safe, honest spaces for human closeness and hugging meditations.

His approach includes heart-centred awareness, secluded time in darkness without distractions, exploring the balance of feminine and masculine energies, and gently meeting and embracing the hidden parts of ourselves. He shares about nourishing the body and spirit through fasting and tuning into the body's natural energies. In relationships, he explores open, connected and mutually caring ways of living within a relational network.

Much of Nils' writing is guided by a sense of trust in something greater – a deeper consciousness within life, Mother Earth, and the wider universe.

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Thank you, Aleksandra. This book might never have been written without your courage, curiosity, LOVE, and vibrant, joyful energies.

Contents

This Book Is Free	7
The Spelling of Magick.....	9
The Signal and the Echo.....	10
1. Recognising the Longing.....	11
2. Shadows and Fears.....	16
3. Signs and Symbols.....	20
4. The Living Map.....	24
5. Energetic Weaving.....	28
The Foundations of Magick.....	32
Practising Heart-Centred Magick.....	33
Who Is 'The Universe'?.....	35
What Is Magick?.....	39
The Art of Trusting and Waiting.....	42
Consciousness, Energy & LOVE.....	44
Intention and Divine Will.....	54
Cultivating Energetic Flow.....	65
The Practices.....	69
The Nine-Step Manifesting Ritual.....	70
The Healer & Creator Technique.....	78
The Fear of Awakening.....	100
Your Magickal Companions.....	107
The Five Elements.....	108

Human Archetypes.....	119
Animal Archetypes.....	139
Plant Archetypes.....	147
Archetypes & Elements.....	152
Ascended Masters, Archangels and Saints.....	154
Planets and Stars.....	160
Crystals.....	173
Tarot and Oracle Cards.....	176
Appendix.....	178
Sanuela.org We grow with compassionate support.....	179
About the Author.....	187
Books by Nils.....	190
How Do You Feel About the Book?.....	193

This Book Is Free ...

... because the systems of the old world for selling my books have failed me. Publishers and social media platforms don't spread my work enough to make a living from it.

After trying many ways to 'get out there', I realised that this new world must be based on open, honest sharing without expectations. This brings me into full trust that my personal universe (lovingly guided by Gaia) will always take good care of me.

Since many things still cost money, I cannot live for free. As the new world is not yet fully born, I still pay for food and water, internet and software, travel and events, ... like everyone else.

Would you like to give back?

Perhaps you choose something from this list of suggestions, or come up with something else:

- You could become a Patron and support me with a monthly donation:
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- You could "buy me a coffee":
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(nils@start2dream.de).
- You could ask me to do a live reading, online or offline, and make a donation.
- You could visit me for a shared time together, let me guide and support you in any of my topics (see: page two) and make a donation.
- You could give this book to nine (or more) of your friends, acquaintances and colleagues and ask them to support me if they can.

Thank you for your consideration.

Let LOVE be thy medicine!

The Spelling of Magick

This book uses the spelling 'magick'. This is an intentional choice that distinguishes our practice from stage magic performed by entertainers, as well as the magic depicted in fantasy novels and films. The term was popularised by the early 20th-century mystic Aleister Crowley, who defined it as "the science and art of causing change (in consciousness) to occur in conformity with Will, using means not currently understood by traditional Western science".

For Crowley, 'True Will' did not refer to mere personal desire, but to one's authentic purpose in alignment with a deeper divine current. However, his often complex language sometimes obscured this crucial point.

In this book, magick is also not about imposing a personal or egocentric will upon the world. Rather, it is the conscious art of co-creation – a sacred dialogue in which our human awareness and intention align with deep, loving divine intelligence, bringing about healing, growth and harmonious change. This innate power is waiting to be awakened within us all through compassion, intuition, and a commitment to wholeness.

The Signal and the Echo

A story of finding your frequency and listening for the answer.

1. Recognising the Longing

The last client of the day had left, along with his stories of lower back pain and financial stress. However, the emotional echo of it – a dull, anxious pressure – remained in Elias's head and settled deep in his stomach.

His work was a paradox. Using his hands, he could unravel knots of physical tension and guide muscles to relax. But his body had become an unwitting sponge, absorbing the emotional undercurrents of every client who came to see him. The anxiety, grief and relentless mental chatter of his clients all seeped into him, leaving him feeling heavy and confused by the end of the day.

His evening ritual was simple: a shower as hot as he could bear, imagining that the water was washing away not just sweat and oil, but also the lingering energy of others. Tonight, as the steam filled the small bathroom, a clear and insistent thought surfaced amidst the fog: *Are any of these feelings even mine?*

The question didn't float away. Recently, a quiet emptiness had been growing inside him. It created a hollow space in his chest that was only intensified by his work. Was his life really moving in the right direction? He felt like a translator of other people's pain, but was losing touch with his own feelings.

After running the hot water, he always turned on the cold to find balance within himself. Wrapped in a towel, he padded into his living room, dominated by a comfortable sofa and cluttered bookshelves filled with anatomy and herbalism books, as well as a few half-hidden books on energy healing. Elias reached for the simple, unlined notebook that he kept on the side table.

This journal was his secret compass. He didn't just record the events of his life in it; he mapped his inner weather, his moods, his reflections, and his small steps forward. More and more, he dared to ask the questions without burying them for too long. They were keys, and he was learning which ones might unlock the next door. He picked up his pen.

What am I actually longing for? What does the quiet part of me truly want to bring into my life?

How do I want to feel when I'm connecting with others? Not just in my practice, but also in my personal life?

What old story am I holding onto that says I have to do this alone?

What in my life is already here that I'm not yet using as a tool for my growth?

The answers came as gentle shifts in his breathing. His shoulders softened. He wanted trust and closeness, but without ownership. He wanted softness and vulnerability, but only in connections that felt authentic and meaningful to him. He realised that his ideas of boundaries had always been more like the walls of a fortress: impossible to penetrate and isolating. What he needed was something more like a cell membrane: perceptive, alive and allowing a conscious exchange without losing himself.

A few nights later, Elias went to a gathering with friends. The room was alive with laughter and the clinking of glasses. He liked these people. They were good and kind. But as he sat on the floor leaning against the sofa, he felt that familiar empty space open up inside him. He watched the conversation bounce from work frustrations to a funny viral video, and saw the vast, yawning canyon of a gap between the ease of the surface chatter and the deep longing in his chest.

It wasn't about them. It was about the unspoken agreement they all seemed to share: to keep things light and stay in the safe, shallow end of the pool.

As he walked home in the cool night air, his senses sharpening, he finally admitted the truth to himself: it was simple and obvious.

I don't just want company. I want heart-to-heart connections. I want to sit with someone where the unspoken presence is just as important as the spoken word. I want to be seen in my entirety – with all my empathy, anger, impatience and pettiness – and for that to be okay. I want to meet and be met on a soul level, not just a social one.

These thoughts didn't feel lonely. They felt like a call to action. It had evolved into something more than just a desire for deeper friendships. It was a vision of a different way of being together.

Back at his journal, he began to write with enthusiasm.

What would that even look like? A community, a circle ... in honesty. Nobody has to pretend.

What would we do? Not just talk, but ... be. We share meals, stories, touch, closeness, silence. Holding hands without it being awkward. We support each other's growth.

Who would be there? People not afraid of their own shadows, or willing to look at their fears with someone else. People who understand that healing isn't always pretty.

What would it feel like? Soft. Safe. But also alive and challenging. A place where I can receive as much as I give.

An image formed in his mind's eye: a small group of people sitting in a circle on the floor. Some candles flickering in the centre. No one was performing. Some were talking, one was crying quietly, one was simply gazing into the flame, and it was all okay. There was no pressure to fix anything, only to hold the space. It felt like a deep, collective exhale.

As Elias closed the journal, a pattern that he had only vaguely recognised suddenly became clear. His life had always responded to his most purpose-oriented questions when he dared to listen.

Months ago, he'd written: *What do I really need to grow in my life right now? What am I not seeing yet?* The very next day, someone handed him a book that opened up a whole new perspective.

On another occasion, he had asked, *How can I feel lighter in my work?* Within a week, a client had shared a simple breathing and visualisation technique with him that had shifted everything.

At another time, when he was stuck in a cycle of self-doubt, he asked, *What beliefs narrow my vision and keep me small?* The next day, he stumbled upon a podcast in which the speaker described imposter syndrome not as a flaw, but as a sign of humility – a perspective that instantly disarmed his anxiety.

He realised that asking a question was an active process of orientation. It was like a lighthouse beam scanning the dark horizon for a specific kind of shore, his conscious-

ness turning its gaze. Once the light landed, it seemed as if his entire universe conspired to reveal what had been waiting to be discovered all along.

Energy follows attention, he thought, the concept feeling more tangible and true than before. Where I focus my attention, life begins to organise itself around it. This is conscious creation.

He was, quite literally, questioning his world into a new shape. His journal wasn't just a diary; it was his most powerful tool for magick. He had just cast a new, intentional spell: a question about belonging and a vision of a circle held in LOVE and truth.

2. Shadows and Fears

A couple of months had passed. Questioning had become a quiet ritual for Elias, a daily tuning of his inner instruments. He was noticing more and more small synchronicities: a song lyric that answered a thought he'd had that morning. Or a client mentioning an idea he'd just written down. The general heaviness had lifted and been replaced by a sense of potential.

The larger vision remained: that of a deep and honest sense of togetherness. It was like a beautiful postcard from a faraway land. He could sense it, but he couldn't reach it. The gap between his current reality and that feeling of belonging seemed impossible to bridge. He felt the familiar frustration simmering: why was he able to manifest a new breathing technique for his life, but not the deep connections he wanted to experience?

One evening, his frustration crystallised into a new line of questioning. He opened his journal, its pages now filled with longing. Tonight, the pen felt heavier.

What is actually holding me back? The vision is clear. The desire is pure. So why does it feel like I'm swimming against the current? Where does this resistance come from?

For days, the questions remained unanswered, lingering in the air. Then, he began to notice patterns in his daily life.

He was sitting in a café with a friend who was complaining about her boyfriend. He could feel her anger pricking at his own skin – a familiar, invasive buzz. His instinct was to calm her down, to make her feel better and absorb the discomfort, so that the space between them would be harmonious again. He felt his own opinions and feelings retreat behind a smile and a nod. He left the conversation feeling drained and lonely.

I noticed it with Sarah today. I acted as a mirror for her stress, reflecting calmness back to her. But I lost myself in the process. Where did I go? Why do I default to making myself smaller to make the space feel bigger for others? What am I afraid will happen if I remain my full size, with my own energy and mood?

He received an invitation to a weekend workshop on somatic healing. His first reaction was a sudden, instinctive feeling of resistance. He felt a tightness in his gut. *Not yet. I'm not ready. What if I'm the least experienced one there? What if I have nothing to contribute? My body's answer is 'no'. A contraction. I'm trying to listen to my intuition, but how can I tell if it's intuition or fear masquerading as intuition? How can I tell the difference?*

He found an invitation to a weekly sharing circle. It was exactly the kind of thing he had written about. However, when he saw one of the facilitators in their introductory video, he flinched. Her energy was direct, uncompromising and intensely present. It felt like a spotlight. His old defence mechanism whispered: *Too much. You'll be seen and found lacking. Retreat.*

Then he watched another video, this time featuring a different speaker. His energy was different – softer and more curious. He asked questions that seemed to open

doors instead of demanding entry. Elias felt a flutter in his chest. It was the nervous buzz of possibility. It felt like expansion.

Two energies in the same circle. One makes me want to contract and hide. It feels intimidating, like an energy that could overwhelm my own. The other makes me want to open up, even though that is also scary. It feels like an invitation.

Is the first energy actually 'bad'? Or is it only intense? Is my reaction about them or about a part of me that's afraid of being exposed to such clarity? Perhaps that directness acts as a mirror, showing me a strength that I'm afraid to acknowledge in myself.

His emotions swung back and forth like a pendulum between fear and longing. He closed his eyes, placed a hand on his heart and breathed into the turmoil. This time, he asked a different question, not from his head, but from the centre of the feeling. *How would it feel to enter this circle with an open, curious heart?*

The answer came in the form of a somatic shift. The tightness in his gut softened. The image of the direct facilitator no longer felt threatening, but challenging – a way to sharpen his own authenticity. The fear of being open and vulnerable remained, but it now felt more like nervous excitement; something he could acknowledge without letting it take control. He picked up his pen and the insights flowed.

I think I've been waiting for the fear to disappear before taking a step forward. That's the mistake. The fear might not leave that easily. It's like an old, loyal guard dog that thinks it needs to protect me. I don't need to fight it or shut it away. I just need to thank it for its concern, pat it on the head and walk through the gate anyway. The choice isn't between fear and fearlessness. It's between fear that controls me and fear that I acknowledge, accept and use as a source of energy.

Later, during meditation, he visited the guard dog. Sitting in the quiet of his room, Elias asked: *What are you really afraid of? If you show up in that circle with everything that you are, what is the worst thing that could happen?*

The answer rose from the depths: simple, ancient and raw. *I'm afraid I won't be enough. Not healed enough, not wise enough, not strong enough. I will be seen, and my emptiness will be revealed.*

He let his words hang in the air. He didn't argue with them. He didn't try to replace them with positive affirmations. He just breathed, allowing the shame of that confession to be present. A profound realisation dawned on him: the fear of being 'not enough' was the very barrier that was making him feel that way. It was a self-fulfilling prophecy.

The task was to make decisions despite the fear. It was about letting the fear whisper its warning and then listening to my heart: *I choose to believe that I am worthy of forming connections. I don't have to tear down the wall. I just need to learn to open the gate. Fear is not my enemy. It's my teacher. It shows me exactly where I need to grow and where I need to offer LOVE to the parts of myself that feel insecure. The shadow isn't something to be eliminated. It's fertile soil. The work is to stop running away.*

3. Signs and Symbols

Saying yes to the circle opened Elias up in ways he hadn't expected. Emotions that had been held in check for a long time now had a space to flow. The meetings were not always comfortable. Sometimes his sensitivity vibrated with the intense feeling of shared vulnerability. On the other hand, however, he also felt a deep sense of revitalisation, as if he had been drinking from a healing spring.

Following this opening, his perception began to shift. The world seemed to lean in and speak to him in a new language. Life was having a conversation with him. The language was synchronicity. It started with a theme, a whisper that turned into a refrain.

I keep seeing water. Not just seeing it, but feeling pulled towards it. On Tuesday, I took the long way home just to walk by the lake. The surface was so still that it looked like glass. Yesterday, I got caught in a downpour without an umbrella. Instead of running for shelter, I just stood and let the rain soak me. It felt like a baptism. This morning, Lena from the circle group texted me out of the blue: "A few of us are going to the river for a swim. Come?" It's popping up everywhere. What is it trying to say? To soften? To go with the flow? To let feelings move through me without bottling them up?

The messages were insistent and repetitive. It felt less like coincidence and more like a curriculum.

The other day, when I was looking for a pen in my junk drawer, my fingers closed around a whorled scallop shell, bleached white by the sun long ago. I can't remember putting it there. I held it to my ear. I didn't hear the ocean, but I could feel its pattern. A spiral. An ancient, endless rhythm of coming and going. It's the same rhythm as my breathing. In and out. Give and receive. Perhaps that's what water is really teaching me.

Other elements began to weave themselves into his days, each with its own distinct quality.

Fire entered the conversation. Maya from our circle gave me a candle that she had made, scented with cedar and something spicy. "For clarity," she said. That night, I lit the candle while I was journaling. The flame felt as though it illuminated my intention. It was like a tiny, focused sun on my desk. Then, at Mark's house, we sat by his fireplace. I couldn't stop staring into the embers. That's transformation: wood becomes heat, becomes light, becomes ash. It doesn't cling on to anything. It allows itself to be completely transformed. Is that the courage I need? To allow my old forms to burn away?

The world had become a book for Elias, and he was learning to read it. During a walk, a grey and white feather landed on the path directly in front of him. Then he found another stuck in a spider's web by his window. A third feather was offered to him by a child in the park, who simply said, "This is for you."

Air. Spirit. Messages from elsewhere. A reminder that not everything of value is heavy. Some things are carried on the breeze.

A woman at the grocery store wearing a rose quartz necklace. A memorial stone on a bookshelf during a video call. A smooth, pink stone half-buried in the earth.

Love. Harmony. Venus. Not a vague concept. It's a frequency. And it's appearing everywhere, urging me to take notice. It's asking me to recognise where I need to show more kindness, especially towards myself.

While out hiking, he came across a dark stone. It wasn't glittery or special. It simply seemed solid and firmly connected to the earth. He picked it up and found its weight comforting in his palm.

Saturn: Structure. Discipline. The framework beneath the surface. My vision needs structure. It can't all be about flow and feeling. It needs commitment. It needs a foundation. This stone is a symbol of my commitment to showing up, even when it's hard.

In his dreams, a new guide appeared as a quiet observer: a rabbit. It sat in the middle of a moonlit meadow, its nose twitching and its ears swivelling to catch every sound. It invited him to be still. To notice. In one dream, he looked closer and saw the entrance to its burrow hidden amongst the roots of an old oak tree. He had a profound sense of a whole hidden world beneath the surface – a safe, warm haven where others were nestled together, sharing warmth and safety. He felt a deep, tender ache of longing; a yearning to be part of that gentle togetherness.

The rabbit family. Sensitivity. Awareness. The warren. This is the deeper layer of my vision: a community nestled together. It's the quiet trust of shared safety and the cosiness of a hidden space where I can finally let my guard down. It's intelligent vulnerability. It's strength found in softness and nurture. This is the feeling I want to create.

The signs formed a constellation, and he began to see the picture they created. The spark came after an especially powerful circle session. They had worked with sound, toning together until the room vibrated with a single harmonious note. He realised that, by using their voices,

they had made the intangible energies tangible. They had manifested a feeling in the shared air around them.

He walked home, his body humming with energy. He thought about the ritual he'd performed years ago: writing down a wish and then burning it. At the time, it had seemed a little silly, a superstitious act. Now, however, he saw it with new eyes. It was psychology. It was physics and mysticism. Transformation.

By writing, he transferred his thoughts from his head to a piece of paper. The act of burning transformed the substance of the paper into smoke and light. He hadn't just imagined a change; he had realised it. He engaged will, action and symbol all at once.

A door swung open in his mind.

What if I don't just write about my vision? What if I build it? Water, fire, feathers, stones and rabbits are more than just signs. They're the ingredients. They're my companions. Each one holds a piece of the energy that I am calling in. This is about resonance. It's about creating an external map that reflects my desired internal state. It's a beacon for my soul, showing me the way home.

For the first time, the path forward felt creative and playful, like art. His decision was made. He would gather his companions: the shell, the candle, the feathers and the stones. He would honour the rabbit's message by adding a carrot. He would create a ritual, a living map of his intentions, and build a stage for his vision.

He was no longer just asking questions. He was beginning to speak back to the universe in a voice it understood – the language of signs and symbols. It felt like a kind of magick.

4. The Living Map

The items lay scattered on the floor, like a quiet council waiting to be called to order. Elias knelt before them, feeling the cool wooden floor beneath his palms.

There was the shell, with its shimmering interior that held the memory of the sea. The cedar-scented candle from Maya. A few grey and white feathers, impossibly light. Smooth rose quartz, warm to his eyes and touch. A dark stone that felt like a promise. Finally, there was a small, bright orange carrot, taken from his refrigerator with a grin. It was silly. But it was perfect.

He had no plan. This was an intuitive approach. It was about sensing what felt right. A familiar voice chirped in his mind: *This is childish. What are you even doing?*

Elias smiled. "I know," he whispered to the room. "I'm playing." The admission was a key, turning in a lock. He wasn't performing for anyone. He was simply rearranging the furniture of his own reality to see what felt more like home.

He closed his eyes. His hand found its way to his heart centre, a habit from his massage practice. He breathed into the space beneath his palm, in and out, until the critical

voice faded into the background hum of the city outside. He was just here. With his symbols.

Elias opened his eyes and reached first for the dark stone. It felt solid and comforting, yet a little burdensome, all at once. *This is Saturn. My discipline. My need for structure. It's the part of me that knows how to show up and hold a space for others. But sometimes it feels so heavy. Like a duty, not a choice.*

He placed it in the centre in front of him. An anchor.

Next came the feathers. He picked them up, captivated by the way they reflected light. *This is my spirit. My intuition.* They felt light and free, yet also fragile; as though they could easily be blown off course by a strong wind or a client's emotions.

He let the feathers fall from his hand, scattering them far from the stone. The distance between them felt honest. His groundedness and his spirit were not on speaking terms.

He placed the other items one by one. The rose quartz felt like a question mark, so he left it near the edge. He set the shell down carefully, as a vessel for whatever needed to flow. The candle kept watch in anticipation. He held the carrot for a moment and smelled it; it was a concrete representation of a tender, emerging dream.

Elias looked at the arrangement. It was a mess. A perfect map of his inner fragmentation.

Then, a nudge. A quiet impulse. He reached for the rose quartz and positioned it until it was nestled neatly alongside the dark stone. The pink against the grey looked unexpectedly beautiful. What if compassion could sit beside structure to soften its edges? To remind him that boundaries can be loving, and there is always room for allowances?

A second nudge. He lit the candle. The match sizzled, and the rich, earthy scent of cedar filled the air. He moved the candle close to the stone and the quartz. The flame danced and caused their shadows to merge. Courage. Transformation. The fire that can transform duty and obligation into devotion and choice.

He looked at the scattered feathers. That didn't feel right anymore. He gathered them up and, with a new intention, arranged them in a loose arc around the central trio, their shafts gently touching the dark stone. *My flowing spirit is meant to be connected to my core while reaching out.*

The carrot. First, he placed it under the centre of the small world he had built, beneath the stone. This represented cosy togetherness. The warren. Then he realised it couldn't just sit below on its own. It had to be part of the foundation. He positioned it so that it could rest on the dark stone and the rose quartz, forming a bridge between structure and LOVE.

Finally, the shell. He placed it at the foot of the arrangement with its opening facing sideways. *Let everything be held in balance and in flow!*

A deep and unexpected sense of rightness washed over him. Elias stood up and felt the solidity of the dark stone within him. He stomped his foot firmly on the ground as a physical affirmation of his boundaries. Then, looking at the playful circle of feathers, he felt a lightness bubble up inside him. Spontaneously, he held a little dance of joy in the middle of his living room, celebrating the free spirit he was reintegrating.

Just then, there was a sound. A distinct tap-tap-tap on the window frame. He looked over and saw a small, colourful sparrow perched on the ledge outside. It pecked at the wooden frame once more with its beak, then tilted its head and looked directly at Elias before flying away.

His heart pounded. He had just been celebrating the feathers, and now they had brought him a message. A synchronicity. A wink from his personal universe. He wasn't alone in this.

Feeling speechless, he sat back down. He looked at the arrangement. It was a living map. Revelations washed over him, bringing a deep, quiet knowing. The boundaries were not walls. It was the sacred circle and empathy that made true connection, vulnerability, and acceptance possible. His empathy was like a protected garden in which beautiful things could flourish. In order to have his own warren, he first had to become a safe and compassionate space himself. The external community could only ever mirror this internal one.

He didn't say any special words. He just sat for a long time, breathing in the scent of the cedar candle and feeling a new sense of wholeness settle into his body. Finally, he leaned forward, blew out the candle, and made a silent wish, just as he used to do as a child.

He left everything exactly where it was, a lighthouse in the corner of his room. The ritual didn't bring anyone to him - yet. However, he felt less alone than he had in years. He had encountered the most significant member of his future community: a more complete version of himself.

5. Energetic Weaving

The gift had arrived weeks ago from a client whose eyes radiated an inner clarity that Elias rarely saw. After a session focused on her muscle tensions and care-giving responsibilities, she placed a hand on his arm. "For when the world gets too loud," she said. She described a simple practice: breathing in to pull energy up from the earth and breathing out to form a sphere of light around the body. "Imagine it washing over you," she said. "Like a shower for your astral body." He thanked her, and the technique became anchored in his mind as a useful and essential tool.

He found a place for it in the quiet moments after brushing his teeth. Sandwiched between the minty freshness of his breath and his first sip of cacao, it became a daily ritual. Two minutes. With his feet planted on the cool floor, he inhaled through his nose while pulling an invisible weight up his core with his hands. Exhaling through his mouth, he swept his arms around and down. He envisioned a cascade of light rinsing away any psychic dust or emotional armour, preparing him for the day ahead. It felt like energetic hygiene. He loved the subtle, vibrant buzz it left behind, the tingling aliveness just beneath and around his skin. It made him feel more present.

The practice established a new foundation within him. From that stable ground, a less comfortable awareness began to grow. He started to notice a pattern in himself that he did not like. While standing in line at the supermarket he would overhear snippets of someone's loud phone conversation and construct an unfavourable story about their life. If he saw a member of the group hesitate to share, his mind would instantly label them 'closed off' or 'not doing the work', silently judging them, which made him feel both superior and deeply ashamed. This wasn't the empathy he valued; it was a brittle, cynical shield. He was putting up walls of assumption, the very thing his sharing circle was meant to dismantle.

One morning, Elias felt particularly uneasy, with a sour aftertaste from a dream he couldn't remember. As he stood for his astral showering practice, the judgemental voice in his head was a grinding monologue. *That guy probably ... She always ... Why can't they just...*

Instead of trying to silence it, he got curious. He acknowledged the voice. *Okay. You're here. You're trying to protect me by creating distance. Thank you. But your method is hurtful.*

He began the Energy Flow Exercise. As he inhaled, he visualised pulling that judgmental energy up through his body. He imagined it as dark, dense smoke rising from his gut. When he reached the top of his inhalation, he held it there. As he exhaled and swept his arms down to form the sphere, he changed the visualisation to a shower of soft, rose-quartz pink light representing compassionate understanding. He watched the pink light mix with the smoke within him, transforming it as he fully accepted and integrated this unpleasant part of himself. The judgement was alchemised.

The affirmation rose from his heart: "I transform my judgement into curiosity. I let go of my assumptions and choose to see with gentle eyes."

He repeated the modified flow ten times. The dense feeling softened. The critical voice lost its charge and became just a quiet whisper that he could observe without believing. He had found a way to meet his shadow without fighting it, using the very energy it was made of to fuel a higher frequency. A new door swung open. If he could change his inner flow of energy so directly, what else could he do?

The next day, Elias started his practice with a new intention. After a few rounds of the basic cleansing flow, he made a change. As he formed the sphere of light on his next exhale, he didn't stop at his astral sphere. He felt encouraged to expand it.

He imagined the luminous bubble stretching through the walls of his apartment and encompassing the entire building. It grew further still, enveloping his street, neighbourhood and city in a gentle, glowing dome of clear, compassionate energy. Within this vast sphere, he visualised tiny, sparkling points of light - not specific people, but possibilities. Kindred spirits. Others who longed for deeper, more authentic connections. He wasn't calling them to him; he was weaving a field of belonging and silently announcing: *Here is a frequency of safety and authenticity. If this resonates with you, you are welcome. Let's find each other.*

He included this expanded weaving in his daily morning ritual. It felt playful and hopeful, like a secret message being cast into the unseen currents of the city. The answer didn't come as a single event. Over the course of the week, it came as a series of quiet ripples.

On Wednesday, a young woman from his vegetable cooperative, with whom he had only ever exchanged polite greetings, stopped him. "I don't know why," she said, looking slightly embarrassed, "but I feel like I can tell you this: I've been feeling so isolated lately, and I have this crazy idea to start a small supper club for people who want to talk about meaningful things. You seem like you'd understand."

On Friday, the quietest member of his sharing circle stayed behind to thank him. "There's something about the space you hold," she said. "It feels different lately. Less guarded. It makes it easier for me to speak up." He thanked her and asked if she would like to spend some more time together. Although there was no expectation, he had an intuitive feeling that she might be a good fit for his imagined soulfamily community. She had the right spirit, and he found her presence very tender and pleasant whenever they were near each other.

Each event was small and standalone. But to Elias, they were not random. They were echoes, sparkling points of light in his expanded field, flickering back in recognition. He had changed his own energy and, in doing so, begun tuning his personal universe to a new station – one where deeply loving and authentic connections were waiting for him.

The Foundations of Magick

Building your manifestation practices on consciousness, energy, and LOVE.

Practising Heart-Centred Magick

This book presents a framework for practising magick consciously and with the heart – a system that is free in every sense of the word. It does not involve rigid dogma or expensive tools, and can be adapted to your intuition and connection with the living world.

Rather than a set of rules to be memorised, it offers a collection of principles and practices to be experienced. It is an invitation to reconnect with your innate power as a conscious co-creator and work in loving partnership with Gaia, Mother Earth, to shape your personal universe.

The following chapters are designed to guide you through this process. First, we establish a foundation of understanding. We begin by exploring the fundamentals of magick: consciousness, energy and LOVE as the building blocks of reality; and how to align your personal intention with the deeper divine flow.

Next, we'll move on to the practical side of things. This involves preparing your energy and space to become a clear vessel for creation and finding magickal companions to help you bring about change. At the heart of this framework lies the Nine-Step Manifesting Ritual, a versatile and powerful process for consciously shaping your reality. Next, we will learn the Healer & Creator Technique, which is a separate

practice designed for deep inner transformation and energetic mastery.

The following chapters present a variety of symbolic elements, archetypes, celestial beings and other companions that you can intuitively invite to help you achieve your goals. Please note that this reference section is intended to inspire and suggest possibilities, rather than provide absolute definitions. The cultural and personal associations with these symbols are vast and varied. An archetype that is depicted in a certain way in this book may have an entirely different, yet equally valid, meaning in another tradition or according to your own intuition.

If you feel drawn to a symbol, element or guide that is not listed here, or if you interpret a suggested archetype, element or crystal differently, please honour that above all else. Your intuition is your trustworthy inner compass on this magickal journey.

Who Is 'The Universe'?

In today's spiritual language, which is mostly influenced by the New Age movement that started in the 1970s, we often use phrases like:

- "The universe is trying to tell me something."
- "The universe is testing me."
- "Ask the universe and it will deliver."
- "I'm putting it out there into the universe."
- "I'm trusting the universe to guide me."

For many people, receiving guidance and support is a deeply personal and intimate experience. However, the modern phrase 'the universe' can inadvertently cloak this relationship in abstraction. It can make it feel like a transaction with a cosmic vending machine or a plea to a celestial lottery.

Much can change when we embrace the suggestions of quantum physics and the teachings of ancient Eastern wisdom: that each of us lives within a *personal* universe – a unique, subjective reality with its own rules and structures, and its own magick. At the same time, we are all part of a greater, interconnected whole, like holographic fragments of a larger consciousness. We cannot directly perceive the entire

cosmic landscape; we can only experience our own small part of it.

With this understanding, we can change the way we talk to reflect this deeper truth. Rather than addressing a distant 'universe', we recognise our active role as co-creators of our own personal reality:

- "My *personal* universe is trying to tell me something."
- "My *personal* universe is testing me."
- "Ask your *personal* universe and it will deliver."
- "I'm putting it out there into my *personal* universe."
- "I'm trusting my *personal* universe to guide me."

This shift in language is not just a matter of semantics; it is a magickal act that reclaims our creative authority and fosters a closer, more responsive relationship with the conscious intelligence that shapes our lives.

For me, Gaia, Mother Earth, is the consciousness with which we are truly in relationship and which directly provides for our incarnated experience.

This may feel like a challenging new approach, especially if your spiritual practice is based on a personal relationship with God or a particular saint. However, please do not reject this book simply because you hold a different perspective. I am not asking you to abandon your beliefs, but to consider expanding them. If the name 'Gaia' feels unfamiliar, you can always translate it for yourself as 'the divine presence in our world'.

I found that Gaia is more than just a passive rock on which we live. She is a living, loving and highly evolved conscious being. Her awareness is so much greater than our limited human perspective that we may rightly call her a goddess, as many shamanic and earth-honouring cultures have done through-

out history, long before modern ideas diminished our awareness of her sacred presence.

One beautiful symbol of our deep connection with Gaia is the fact that the proportion of water covering her surface is remarkably similar to the proportion of water making up our physical bodies, as well as those of most other known animals and plants on our planet. This can be seen as a physical reminder that we are not separate from Mother Earth, but an integral part of her.

Gaia does far more than just host us. She lends us physical bodies crafted from her own elements, providing us with everything we need to grow: air, water, food and a world of immense beauty and challenge. This nurturing is not only physical. The energetic and spiritual fabric of our reality, our sensual perception of it, the laws of nature and the cycles of life's blossoming and transition into something beyond are all her creation. Its purpose is to educate and evolve the souls that inhabit it.

When we say 'the universe provides for our needs', we should recognise that this sensual, tangible experience of life as we know it is provided by Gaia. She is the local, conscious administrator of divine will within her domain.

The hierarchy of creation can be seen like this:

- God/Source/All That Is: the infinite, unknowable totality of consciousness from which everything emanates.
- Gaia is a magnificent individualised consciousness and a creation of the Source. She has become a creator herself. She has designed a planetary school for souls and cares for us as her children.

Therefore, when it comes to earthly matters, our primary relationship is with her. Rather than praying to an impersonal God for help with our human needs, we could turn to our

Mother first. She is here. She is listening. She understands the intricacies of the human experience because she designed it. She will always care for us, providing the lessons and nourishment we need until we graduate from her school and achieve the full enlightenment and self-realisation that marks our readiness to operate as fully conscious co-creators beyond her specific curriculum.

Working magick on Earth means collaborating consciously with Gaia. Asking for her support does not diminish God; it honours the beautiful planetary system that God created. She is our first gatekeeper, our gardener, and the loving mother of this world. Let's cherish her by addressing her first.

What Is Magick?

Intention is the wand.

Surrender is the spell.

Gaia's response is the manifestation.

At its heart, magick is the conscious art of shaping reality. Let's take another look at the foundational definition of magick by Aleister Crowley that we mentioned earlier: "The science and art of causing change (in consciousness) to occur in conformity with Will, using means not currently understood by traditional Western science".

The words "in consciousness" were later added as a modern interpretation to provide a vital clarification. This shifts the entire practice from an attempt to control the external world to a profound form of inner alchemy. In this sense, magick is about changing the film reel in the projector (your consciousness).

Crowley further refined this concept by stating, "Every intentional act is a magickal act". This reveals a simple truth: magick is not inherently strange or esoteric. Whenever you set an alarm to wake up early, plant a seed in a garden or choose your words to comfort a friend, you are performing a magickal act. You are using intention, willpower and action to bring about a specific change. Before this change occurs in

the outside world, however, your consciousness needs to be aligned with it.

When we shift from unconscious habits to conscious rituals, we elevate our everyday actions to the level of a sacred art. We realise that the primary field of change is not 'out there', but within our own consciousness. Manifesting is therefore not about forcing a new car into our driveway. It is a structured ritual designed to change our inner state first – to align our beliefs, vibrations and sense of self with the reality of already owning that car. It works by altering the lens through which we perceive and interact with the world.

This is where the concept of the personal universe becomes important. Each of us lives in a subjective reality consisting of perception and experience. When we perform magick, we cause change within our personal universe. We are reprogramming the hologram of our reality from the inside out. As all personal universes are interconnected within the greater whole of Gaia and the cosmos, this inner shift inevitably creates ripples that influence the shared collective consciousness and material world.

This is why methods such as prayer, ritual and energy work – which are not currently understood by traditional Western science – are so effective. They operate at a subtle, causal level of consciousness, before energy condenses into physical matter. They are the tools for editing the source code of our personal reality.

Therefore, practising magick means taking full responsibility for the manifestations in our lives. It means moving from being a passenger to being the navigator of our personal universe. We learn to align our human will with our deeper, divine will, and by doing so, we consciously participate in Gaia's loving creative power. This is the sacred technology of soul evolution.

The Purpose of Ritual

Why do we perform magickal rituals? A common misconception is that their power lies primarily in invoking external energies from gods, saints, archetypes, elements or crystals. While we can respectfully invite these magickal companions to assist us, and they are usually happy to help if we ask nicely, this view misses the core mechanism of change.

The true purpose of a ritual is to bypass the sceptical conscious mind and communicate directly with the subconscious and superconscious – the inner architects of our personal universe.

Every lit candle, every spoken word and every gesture is a deliberate signal to our deepest self. It is a performance designed to convince us that the desired change has already occurred in our consciousness. The magickal ritual is not a request sent out into the void, but a ceremony of confirmation within our own reality.

The gods, archetypes, elements, and tools are not the sources of power, but sacred mirrors and amplifiers. They reflect aspects of our own consciousness back to us, making the intangible tangible. Calling upon the strength of Jupiter isn't about summoning an external god of expansion and wisdom. Rather it means embracing the latent power, courage, and will within ourselves, by using the mirror as a focal point to fully embody these qualities.

Therefore, the ultimate goal of any ritual is to achieve a state of complete trust and embodied belief. The moment you know and feel in every cell of your body that the shift has occurred, the ritual is complete. Your personal universe receives the instruction and begins to reorganise itself to match your new, empowered state of consciousness. Any external changes in the material world are simply the final echo of an internal transformation that has already occurred.

The Art of Trusting and Waiting

Performing the ritual is only one part of the magickal equation. The other half involves surrendering to the unfolding process with patience and trust. As writer Mandy Hale reminds us, "Trust the waiting. Embrace the uncertainty. Enjoy the beauty of becoming. When nothing is certain, anything is possible."

This waiting period is not always easy, but it is an essential part of actively manifesting our personal universe. Once we have planted the seed of intention and performed our ritual, we must give the soil of reality time to nurture it. Digging it up daily to check for growth only disrupts this process. Trust that the change, having been firmly established in your consciousness, is now manifesting itself step by step.

During this time, your personal universe is constantly communicating with you through synchronicities – meaningful 'coincidences' that act as signposts on your journey. Some of these synchronicities act as mirrors, reflecting your internal state back to you and showing you where your beliefs and vibrations currently lie. Others are gentle (or sometimes not-so-gentle) nudges from Gaia, guiding you towards opportunities, people or insights that align with your intentions.

You might find yourself hearing the same message repeatedly. A close friend may unexpectedly share a story that mirrors your situation perfectly, offering clarity. You may stumble upon a book that answers a question you've been asking yourself. These breadcrumbs do not appear randomly; they are responses from your world's intelligent consciousness, either confirming that you are on the right path or suggesting a change of direction.

Pay attention to these signs! They prove that your magick is alive and working in the unseen realms, shaping your reality. Your role is to remain open, approach the nudges with curiosity and continue acting as if your intention has already manifested. By doing this, you enter into a partnership with the process of becoming, embracing the beautiful uncertainty where all possibilities exist.

Consciousness, Energy & LOVE

Practising magick means consciously participating in the creative process. But what are the fundamental aspects of this co-creative act? We cannot build anything without first understanding the materials we are working with. Beyond elements of nature, archetypes and symbols, the essential building blocks of all magick are the same forces that make up reality itself.

Creation begins where awareness (consciousness), intended movement (energy) and the wish to find unity (LOVE) flow together as one living power. This is how Gaia brings her wonders into being. This Holy Trinity forms the mystery of our existence as we know it – the three-in-one that creates, maintains and transforms everything we perceive in this world. To awaken to this truth is to realise the divine nature within and all around us.

Consciousness – The Observing Presence

Consciousness is the fundamental awareness and the knowing witness behind every emotion, thought and intuitive insight. It brings clarity, attention, and the ability to choose. It is the field of infinite intelligence from which all reality emerges and the space in which all experience unfolds. Without it, nothing is noticed or experienced. It is the spark that says, *I am*. However, consciousness alone is like a mirror

reflecting nothing and all at once. It requires creation and LOVE to give it meaning.

Energy – The Creative Pulse

Energy is the cosmic breath that moves through creation, shaping matter, light, and form. It flows, vibrates, creates, and expresses itself. It is what makes anything happen in reality. It is the tingling sensation in our body, the shiver of intuition, and the vibration that transforms longing into words and change. From the smallest particle to the largest galaxy, energy drives motion, change, creation and transformation. However, without consciousness, it is chaos; without LOVE, it is mere noise.

LOVE – The Unifying Field

We speak of LOVE in capital letters – the kind that wants to be one with everything that is. Not romantic or emotional LOVE, but the deep, divine LOVE, the fundamental fabric of reality that connects and holds all things in unity and balance. LOVE is the reason why creation exists and why anything matters. It gives meaning, direction, and depth to both consciousness and energy. This is the gravity that holds atoms and souls together. It is neither soft nor sentimental, but powerful and foundational: the harmony beneath all tension and the sense of belonging beneath all longing. LOVE turns energy into song, and consciousness into inner communion.

This trinity is reflected in many wisdom traditions and human experiences:

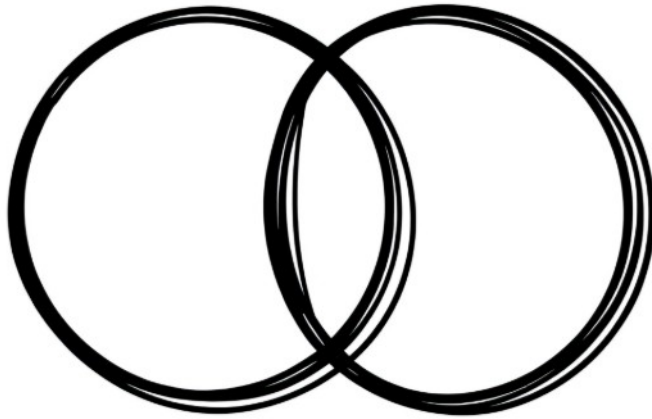
- Christianity: Father (consciousness), son (LOVE), Holy Spirit (energy).
- Hinduism: Shiva (consciousness), Shakti (energy), and their union as divine bliss (LOVE).

- The creative process: The artist (consciousness), the act of creation (energy), and the inspiration or meaning (LOVE).

In order to manifest anything in our lives, we must first engage our consciousness – the receptive, feminine space of awareness. This is where we develop a clear understanding of what we want to create. Without this clarity, our efforts scatter and lack the direction needed to take root.

However, a vision alone is not enough. We must also breathe life into it by infusing it with masculine intention and energy. This vital, directed force transforms vision into action, making our inner blueprint a reality. Simply daydreaming is like having a powerful engine without fuel: it may be well designed, but it gets us nowhere. To bring our dreams to life, we must cultivate a state of high vibrational energy through focused will, emotion and action.

But where should this energised, intentional vision be directed? How can we ensure that our manifestations serve the greater good? This is where LOVE becomes our guide. LOVE is the harmonising and balancing intelligence that emerges from the sacred union of consciousness and energised intention. It ensures that what we build creates connection, meaning and beauty, not just for ourselves, but for all.



The Union Beyond Duality

True co-creation requires the union of all our energies. Masculine energy provides the focused light and action that breathe life into the endless, receptive potential of feminine consciousness. Some people may find our language confusing here. When we refer to the masculine as 'light' and the feminine as 'dark', this is not intended as a judgement. Sacred feminine darkness is simply a field of endless possibilities, a fertile womb from which all life emerges.

Unfortunately, in modern language, the word 'darkness' is often used as a synonym for: low vibrational, evil, selfishness, or fear and harm. However, darkness in itself is not negative at all. It can be a deeply nurturing and healing space that can be experienced during extended dark retreats, where the soul can meet itself without distraction.

Another aspect of 'light' and 'dark' is that much of modern spirituality focuses exclusively on 'light and LOVE', turning away from our shadows and fears and labelling them 'dark'. We may engage in cacao ceremonies, sound healing and burning fragrant incense sticks while chanting mantras. These

are enjoyable activities in themselves. However, if we use these practices only to find some comfort, we neglect the vital work of integration. We favour the happy parts of the journey and unconsciously push everything we refuse to face into the shadows, where these energies grow stronger, waiting for our acknowledgement.

There's nothing wrong with joy, celebration or a happy dance. However, true, unshakable happiness comes from achieving balance within ourselves – becoming a whole being that no longer needs to perform certain polarities because every cell already bubbles with an inherent, silent joy. Only when we courageously embrace our shadows with the same importance as our light do we step into our full power as conscious co-creators. This integration is the alchemy that transforms duality into unity.

Working With Shadows and Fears

Shadow work is the courageous yet gentle practice of embracing the parts of ourselves that we have rejected. Rather than fighting our 'bad' parts, it is about listening to them and understanding that every fear, trigger and trait we dislike has hidden powers waiting to be embraced by us.

You can start with this inner work easily. The next time you experience a strong emotional reaction, such as irritation, jealousy or shame, pause. Rather than justifying or suppressing your emotions, or projecting them onto others, try asking yourself:

- What is this emotion trying to tell me? After all, emotions are messengers that carry information from the subconscious mind.
- What is this emotion trying to protect me from?
- When did I first learn that this part of me was not acceptable? Can I change this situation inside me?

All you need for this is honest curiosity; no special tools are required. Breathe into the sensations you feel in your body. Allow your body to speak without judgement. You could imagine welcoming a frightened child or simply put your hand on your heart and whisper, "I see you'. It's OK. You belong to me, too."

This is not about becoming our shadows, but about reclaiming their energies. As we acknowledge these hidden parts of ourselves with compassion, they lose their power over us. Instead, they become allies – sources of depth, resilience and, ultimately, greater LOVE.

Another powerful practice is to work through our fears, which often block the natural flow of our energy. An effective method is to consciously set aside time to reflect on the worst-case scenario of a fearful situation. Rather than avoiding it, embrace it. Fully imagine the outcome you dread, and most importantly, acknowledge the emotions that arise. Then, make a conscious choice to find inner peace and acceptance of that potential reality. Doing this sends a powerful signal to Gaia that you are strong enough to handle life, even if it unfolds in challenging ways. This act of courageous acceptance neutralises the charge of fear.

Once you have made peace with the worst-case scenario, you will have essentially learned its lesson. Consequently, Gaia responds by orchestrating a different, more harmonious outcome, as the need to manifest that specific lesson has been removed from within you.

We don't have to face our fears alone. One simple way to overcome them is to share them in a safe environment. This can be done with a trusted friend or in a group specifically designed for deep, non-judgemental listening. In such spaces, where nobody tries to solve your troubles, teach you or tell you what to do, something amazing happens: the fear, held in the light of a compassionate witness, often begins to dissolve or transform on its own. Simply being heard and accepted

allows the energy to move, releasing its grip on your body and spirit. Once we have shared a fear, the likelihood of actually having to experience the corresponding situation seems to decrease, as the lesson for our growth has already been learned.

However, it is important to recognise that the opposite is also true. By constantly discussing, ruminating on and giving energy to our fears in everyday conversation, we unintentionally signal to our personal universe that we want to engage with this reality. Gaia, the ultimate non-judgemental manifestor, responds to the frequencies we put out there. By continuously focusing our attention and emotional energy on fear, we are essentially performing a powerful act of manifestation and welcoming those situations into our lives.

This is why consciously quitting and unsubscribing from any media source that persistently feeds fear into our awareness becomes an essential act of self-care and energetic hygiene. This includes most of what is presented as 'news', whether from mainstream or alternative outlets. Their business model is often based on capturing our attention through fear and outrage, creating a constant low-vibration static around us. This fear-based field makes it incredibly difficult to tune into and manifest the frequencies we truly desire, such as LOVE, harmony, growth and joy. Protecting your energy field from this constant assault is not about ignoring the outside world. However, creating a peaceful inner space with clear boundaries is essential for conscious manifestation.

Meeting and integrating our shadows and fears is not a one-time task, but an ongoing process – a lifelong dialogue with ourselves. Over time, with compassionate attention, you may find that the weight begins to lift. The challenges that once triggered you will become easier to navigate and you will feel less afraid and more whole. You will LOVE yourself more deeply than ever before. This inner unification is the true foundation upon which lasting transformation is built. It is

from this place of embodied wholeness that our energy can rise freely, our frequency can shine brightly and we can step into our full power as conscious co-creators of our reality.

Magickal Forgiveness

Before we can build something new with a clear intention, we must first clear the energy of the past from our field. Resentment, anger and hurt act like static on a radio frequency, distorting our signal and preventing our magick from taking effect. Probably the most effective way to eliminate this interference is through the conscious, heart-centred act of forgiveness.

When we transform our inner energies, the outside world has no choice but to reflect that change. This principle is powerfully illustrated by the story of Dr. Hew Len, a therapist who practised Ho'oponopono, a Hawaiian tradition of forgiveness. He healed an entire unit of violent criminals in a Hawaiian hospital without ever meeting the patients in person. Instead, he repeatedly reviewed their files and practised forgiveness, saying to himself and the energy he held about them: "I'm sorry, please forgive me, thank you, I LOVE you." Within months, the once chaotic unit became calm, and eventually it was closed. This is the real power of forgiveness – it doesn't just change you, it changes the very fabric of the reality around you.

This simple practice of heart-based forgiveness is an internal, private act of magick where we choose to free ourselves from the emotional ties of a painful story. Instead of just using words, we do this in the silent theatre of our own heart and imagination.

Step 1: Center yourself

Begin with heart-centred breathing. Place a hand on your chest and breathe LOVE in and out until you feel calm and present.

Step 2: Invoke the Connection

In your mind's eye, bring forward the image of the soul you feel hurt by. See them standing before you. Notice any resistance or emotion that arises, and breathe LOVE into it. Is there anything you would like to share with them or ask them?

Step 3: Offer an Embrace

Now, imagine taking a step forward and embracing this soul with a warm, compassionate hug. You may not agree with what they did, but you can still acknowledge the wounded soul behind it. Like all of us, they are struggling and may not know how to do their own inner work.

As you hold them in this imagined embrace, consider repeating these words in your heart:

- "I forgive you for the part you played in my story."
- "I release you and myself from this energy."

Imagine any lingering negative energies between you dissolving into light as you hold them.

Step 4: Close with Gratitude

Imagine the hug ending peacefully. See them turn and walk away, surrounded by light. Bring your awareness back to your own heart and feel yourself becoming clearer, lighter and more at peace.

Forgiving Ourselves

We often need our own forgiveness more than anyone else. In order to move forward, we need to release not only the hurts we have received, but also the roles we have played, including that of the victim, as well as the hurts we have caused others. This is a highly liberating act. When we forgive

ourselves, we break the cycle of karma and reclaim our full creative power.

You can use the same heart-centred practice, gently shifting the focus towards yourself. After becoming centred with heart breathing, picture a past version of yourself – someone who made a mistake, acted from a place of pain or felt trapped in a victim role. See your former self clearly, with compassion and without criticism.

Now imagine your present, wiser self entering this memory. You are not there to judge the past, but to bring understanding and LOVE to this moment. Open your arms and embrace your younger self with deep compassion. Give support to your younger self, who did their best with the knowledge they had available. Feel the pain, shame or regret begin to soften and dissolve in the warmth of your acceptance.

You could whisper these words to your heart:

- "I forgive you for not knowing better."
- "I forgive you for the role you played."
- "I release us both from this story."
- "You are worthy of my LOVE, exactly as you are."

Feel the two parts of yourself – past and present – merging back into one integrated whole. Breathe deeply and allow the peace of this reconciliation to fill every cell of your body. This is the final step in the ritual: embracing all aspects of yourself and welcoming them home.

Intention and Divine Will

At the heart of all true magick lies a sacred surrender: the aligning of our personal will with the higher divine plan, often called divine will. It is the courageous act of placing our human desires on the altar, not to negate them, but to allow them to be refined and guided by a greater wisdom than our own.

This principle is illustrated by two powerful archetypes:

- **Lucifer's Mistake:** Tradition tells us that the Fall arose from the refusal to surrender – the insistence of a separate will ("My will, not Thine, be done!") placing itself above the divine harmony. This is the ultimate root of egocentric magick: the ego claiming sovereignty over the cosmos.
- **Jesus' Prayer:** During his time of greatest human distress in the Garden of Gethsemane, Jesus first expressed his personal intention: "My Father, if it be possible, let this cup pass from me." He was honest about his human desire. However, he immediately followed this with the ultimate act of sacred surrender: "Nevertheless, not as I will, but as you will." (Matthew 26:39). He showed that true power lies not in getting what we want, but in choosing

what is best for everyone, even if it involves his own suffering.

Therefore, to pray "Thy Will Be Done" is not an act of weakness, but one of immense courage and trust. It acknowledges that our limited perspective cannot grasp the full complexity of cause and effect, learning and soul evolution that the divine will encompasses.

So what is our relationship with the divine will?

This is not a state of passive resignation, but of active manifestation. Instead of suppressing our desires, we should embrace them. We acknowledge our deepest human yearning, such as our longing for LOVE, healing and abundance. Then, with LOVE, we release our *attachment* to how these desires must manifest.

We only ask for our desires to be fulfilled if they are in harmony with our growth process and the greater good of everyone involved. In this way, we clearly state our preferences and take aligned action, trusting the divine intelligence to handle the details, timing and form of the response – a process which is always wiser than anything we could create ourselves.

Asking to Receive What We Already Feel

Many approach prayer and magick from a place of lack, focusing on what they don't have. This energy of pleading or desperation only serves to reinforce the very state of not *having* that we wish to change. True manifesting power does not arise from emptiness, but from trust and a felt sense of inner abundance.

The biblical injunction to "ask and you shall receive" is not an invitation to beg, but an instruction on how to consciously change our reality. The key lies in this part: "Therefore I tell

you, whatever you ask in prayer, believe that you have received it, and it will be yours." (Mark 11:24)

This is a call to embody the state of already having our prayers answered – to feel the gratitude, peace, and joy of having our wishes fulfilled now, in this very moment.

This requires unwavering faith, because "the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord." (James 1:6-7). Doubt is a frequency that disrupts our alignment with the reality we wish to attract.

However, we must remember that our limited human perspective cannot see the full picture. We should ask according to the divine will, trusting that we will receive what our soul truly needs to grow, even if this does not always align with what we seem to want. This is where we must surrender the ego's specific demands. Our role is to set our intention for our highest good, and then allow the divine within us to take over.

This is the ultimate way to release anxiety: "Your Father knows what you need before you ask him ... Therefore do not be anxious ... But seek first the kingdom of God and his righteousness, and all these things will be added to you." (Matthew 6:8, 31-33). We are called to align our consciousness with the divine consciousness (the Kingdom) and trust that our genuine needs will be met as a natural consequence.

When we focus on the core feeling of our desired outcome – whether that be safety, LOVE, vitality or freedom – we can then entrust the 'how' to the divine will. This is not about building something from scratch; it's about tuning our energies to the frequency of a parallel reality where this is already our truth. We then allow divine intelligence to bridge the gap in the most harmonious way possible. In this space, our request is no longer a cry of need, but a confident

declaration of alignment. We accept the gift that is already ours in the spiritual realm and invite it to manifest in our lives.

Egocentric Intention or Black Magick

Magick becomes 'black' when it is imposed on another being, restraining their free will and the journey of their soul – even when the intentions may seem good and righteous from our perspective. Attempting to heal, influence or change someone without their explicit consent is a form of spiritual violation. It assumes that we know what is best for their path, effectively playing god in their personal universe.

Common examples of this spiritual violation include:

- Making a specific soul fall in LOVE with us.
- Sending harmful energies to someone, coming from anger or other unresolved issues.
- Blocking a business competitor.
- Preventing someone from speaking their truth or acting in a certain way.
- Manipulating the outcome of a council vote or group decision against the members' free will.

These are all clear examples of egocentric magic, where our desires take precedence over the autonomy and journeys of others.

A common example in spiritual circles is wanting to see our friends happy and healthy, so we may send them healing energies even if they haven't asked for it. However, some souls incarnate specifically to face certain challenges or illnesses. It is through this suffering that they discover their deep inner strength, resilience and self-healing abilities. Bypassing this process through uninvited magick robs them

of a crucial learning experience, disempowers them, and potentially entangles us in karma.

Instead of directing our energies directly at our friends without asking them first, we can offer support that honours their autonomy:

1. We could create an energetic reservoir by imagining a source of healing light, such as a well, a pool, a tree or a crystal, and placing it in their surrounding area. This is not a forced intervention, but a gift made available.
2. We can gently and respectfully state our intention – that this energy is available to them, should they choose to draw upon it. This respects their free will.
3. We can shift from a specific intention (e.g., 'heal their illness') to a general ritual for their highest and greatest good, trusting their soul and the divine to determine what that looks like.

This approach empowers rather than imposes, transforming a potentially selfish act into a compassionate and respectful offering.

The Permaculture Principle in Magick

The core idea of the Permaculture Principle is that any single action should yield multiple beneficial outcomes. In gardening, a tree might provide fruit, offer shade for other plants or a terrace, create a wind shield, stabilise the soil with its roots, and create a habitat for certain insects or birds.

Planting rose bushes with the intention to beautify your garden could also be a ritual act to attract more LOVE and compassion into your personal universe or to symbolically create a protective boundary of thorns. In this sense, a single, conscious action is done for multi-layered reasons.

Applied to magick, this means crafting your intentions and rituals so that one act fulfills more than one purpose. Try to see the bigger picture and not just your personal goal. How can your magick contribute to the healing or growth of the collective or your community? How can it nourish the energetic grid of your neighbourhood?

This approach creates a web of interconnected, supportive energies. This makes your magick more efficient, harmonious and deeply rooted in a larger field, not only for your personal benefit, but similar to a healthy ecosystem.

The Intention Behind the Intention

Our surface desires often symbolise a deeper, essential need. For example, a wish for money may actually be a longing for security or freedom. The desire for a beautiful house may be the soul's way of calling for a safe space of peace or creative expression. In order to practise magick with integrity and power, we must peel back these layers and move from the ego's wants to the soul's essence. This requires honest self-inquiry: Does this desire originate from fear or a sense of lack? Is it only for comfort and ego, or is it also for genuine growth and healing? The goal is to discover the authentic intention emerging from within, rather than an artificial substitute or an excuse to fill an inner void.

One possible way forward is to ask a series of mirror questions.

1. Start by acknowledging your desires without judgement. Ask yourself: What is my strongest desire right now? and write down the answer as it comes to you. This is the seed.
2. Then, explore its source. Ask yourself: Why do I want this? Write down the first answer that comes to mind, then ask again. Go deeper with each layer: What will

this give me? How will I feel once I have it? What will it enable me to do? You are searching for the root.

3. Next, try to distinguish the symbol from its meaning. You may realise at this point that the object itself is not the goal, but rather the feeling it represents. Ask yourself: If I already had this, what core feeling would remain? Are there other ways I can experience this quality right now? You are seeking the core.
4. Now, test whether this core desire resonates deep within. Your soul will always guide you towards expansion, lightness and greater LOVE, whereas your ego will often lead you towards contraction, fear or a need for control. Consider the following: When I think of this desire, do I breathe more deeply and feel more relaxed? Does this desire make me want to share and radiate, or to keep it just for myself?
5. Then, connect your personal essence to the divine whole. This is about recognising your natural radiance. Ask yourself: When I embody this feeling, how will it naturally benefit others? How will this intention contribute to the growth of my soul and the world around me? You are building a bridge.
6. Finally, gather your reflections and anchor your intention in your heart. Then shape them all into a single, clear declaration that unites the symbol and the essence. Ask yourself: What is the purest form of this intention? How can I express it in a single sentence that feels completely authentic?

The Dialogue of Manifestation

When we ask for qualities such as freedom, trust or safety, it is important to understand how Gaia responds. She does not usually give us a gift wrapped up and ready to open. Instead, she presents us with opportunities to embody that quality.

This is one of the greatest paradoxes of manifestation. Asking for 'trust' may not provide a tangible guarantee, but it can lead us to situations that require us to find and practise this deep trust within ourselves. Gaia, or our personal universe, acts as a wise coach by providing us with the perfect experiences to strengthen and grow our inner muscles.

Think of it as an invitation. If you call for 'safety', situations might arise that will show you how to keep yourself safe. If you ask for 'freedom', you will encounter moments that require you to find the courage to prioritise yourself.

Your magical ritual is never a waste of energy. It is a powerful mirror. If you ask for something, such as money, and feel only emptiness, this indicates that you need to explore your intention further. However, if you ask for something and experience genuine joy and expansion, you are probably on the right path.

We can think of this process like tending a garden. Your intention is like a seed. Gaia provides the soil and conditions. If you ask for money, for example, but what your soul truly needs is security and joy, Gaia may provide something else that carries the same essential qualities. Your garden will always respond; it just might not grow exactly as you first imagined.

With this understanding, there is no need to be afraid to ask. Manifestation is not like ordering from a catalogue. Rather, it is a loving dialogue with life, designed to help us become the kind of humans who naturally embody the qualities we seek. It is about recognising that the desired state is already within us, waiting to be awakened and realised.

The Soul's Curriculum

It is natural to wonder why some people seem to effortlessly manifest simple things like money, while others feel they

must attach a 'higher purpose' to it in order to succeed. This simply reflects the unique journey of each soul.

For some people, at a certain stage, the lesson is about basic trust: learning that the physical world responds to their desires. Manifesting 10,000 euros for a car or a holiday is their exercise in flow and self-worth. Their soul is simply saying, "See? You can desire something pleasant and receive it. Your joy matters."

For others, the lesson evolves into becoming more integrated. Having already mastered initial trust in matter, their soul now calls them to deeper alignment. If a desire remains unfulfilled, it can be a gentle signal that their creative power is now meant to be channelled into something that nourishes the whole, too. Their path is pushing them to expand beyond the concept of the separate self. This isn't a battle between the ego and the soul. It is a progression of stages.

- Stage 1: Learning to trust that manifestation works through small, personal desires.
- Stage 2: Realising that self-centred goals lose their magnetism and that energy only flows when intention is linked to a greater sense of purpose.
- Stage 3: Realising the seamless unity of the personal and the divine – understanding that our abundance naturally becomes a blessing to the world around us.

This is why €10,000 can either be divinely aligned or seemingly blocked. For one soul, it is the perfect lesson in trust. For another, for whom the real lesson is to discover that safety comes from within, money may not flow – because Gaia wants them to find this security within themselves first.

The divine plan is not concerned with what is being manifested. Rather, it focuses on the 'why' – the quality being learned and embodied through the act of creation itself.

An Example of the Journey

- Desire: "I want € 10,000."
- Why? "To feel safe."
- Essence: "I want to experience deep trust and peace."
- Resonance: "This feeling relaxes me and allows me to breathe fully."
- Bridge: "When I feel trust and peace, I can create a stable, joyful space to share with others."
- Final intention: "I welcome unwavering trust and deep peace, which allow me to create an abundant life that nourishes and supports me and others."

It is important to view money not as the ultimate goal, but as a potential means of achieving the life experiences that our soul craves. Our true aim lies behind it. For some, this may be safety, freedom, growth or adventure. By guiding and maintaining our focus, we enable Gaia's intelligence to determine the optimal means to achieve it. The desired sum may arrive, or an even better solution may present itself. We trust Gaia or our personal universe to provide the experience in the form that best serves our growth.

This entire process can be embodied through a simple, accessible practice. Rather than viewing it as a rigid formula, consider it a guide for creative expression through meditation, prayer, dance, intuitive rituals or writing.

1. Desire (the seed): Hold your initial desire without judgment. Speak or write it plainly, as if you are holding a seed in your hand.
2. Essence (the soil): Ask yourself what this desire truly means to you. What are you really longing for? Does fulfilling this desire help you to grow? This is the nutrient-rich soil where you will plant your seed.

3. Invitation (the water): Gently invite this quality into your life. Use words or a gesture, but avoid dictating the exact form. This is the water that nourishes the seed. Example: "I invite freedom and safety, which allow me to create a space full of joy and abundance and the ability to create what I need for my growth."
4. Embodiment (the sun): Choose a small, daily action that allows you to experience this quality in your body. This is the sunlight that helps the seed to grow. It could involve breathing deeply to embody trust, lighting a candle to embody clarity, or moving with a sense of freedom. Example: Drink your morning tea consciously as if you already live in freedom and abundance.
5. Openness to form (space): Complete your practice by letting go of how it will manifest. State your openness to receiving this essence in any form and trust that Gaia will deliver it in a way that is even better than you could have imagined. This creates a space for miracles to flourish. Example: "I am open to experiencing this freedom and safety in any form, even better than I can currently imagine."

This framework turns manifestation into a creative dialogue, a conscious cultivation of the soul that connects the earthly and the divine, transforming wishful thinking into collaborative power.

Cultivating Energetic Flow

How do we get into a highly vibrational state that aligns us with doing magick? This is not something that can be achieved simply by following a couple of meditation sessions or techniques. It is a state of being that we must cultivate every single day.

We have established that energy is one of the most important aspects of creation. So, what is the fundamental property of energy? Movement.

Energy cannot exist without movement. Nor can life. Energy that is stuck or frozen in one place cannot create anything. This is why the observing consciousness needs energy and movement in order to create.

So, how do we start moving? Some take the masculine path, using willpower and discipline. Others follow the great creatrix within us all: intuition. This inner voice knows exactly what we need and what will serve us best. The best way to raise your vibration is simply to follow this voice. Your intuition will guide you towards what nourishes your energy the most.

It might inspire you to:

- Spend time in nature: walking, gardening, sitting by water, or simply breathing in the fresh air.

- Get active: running, dancing, yoga, swimming – whatever makes you feel alive and vibrant.
- Nourish yourself deeply: a home-cooked meal, fresh fruit, clean water – listening to what your body truly craves.

One powerful practice is to gift yourself 'intuitive hours' – times when you allow your inner guidance to lead you, free from judgement or agenda. Feel like walking barefoot in the woods? Go for it! Feeling drawn to music? Listen to it and dance. Feeling the need to rest? Honour it.

Your intuitive self can always guide you towards the type of movement that your body and mind need the most right now. Choose and experience it with full presence, attention and deep listening to your inner needs. Once you have created this gentle, mindful and nurturing space for yourself, your vibration will naturally increase and continue to grow.

Walking

A powerful way to generate this vital energy directly is through deliberate, vigorous movement. Try taking a brisk walk, ideally uphill, at a pace that challenges you – not a leisurely stroll, but proper exercise that makes your heart beat faster and your breath quicken. This practice can also be used to release negative emotions, but the aim is to awaken the life force within.

Afterwards, don't rush straight on. Take a few moments to sit quietly and simply feel. Tune into the sensations within your body. You may notice a distinct, vibrant buzz – an astral tingling that seems to glow just beneath the skin or even radiate slightly beyond your physical form. This is your energy body: luminous, activated and expanded by the activity, and now brimming with potential. This muscle-generated charge is a potent source for magick – it is raw, clean power, ready to

be focused with intention and infused with LOVE for your creative work.

Heart-Centre Breathing Technique

This foundational practice centres your awareness in the heart, aligning you with the frequency of divine LOVE before any magickal work. Place one hand gently over your heart or simply focus on your heart chakra. Close your eyes. On your next normal inhalation, imagine drawing pure, golden LOVE directly into your heart centre. As you exhale, send LOVE out into your body and the surrounding space. This is a conscious act of filling your entire energetic field with the primary substance of creation. It grounds you, protects you from egocentric intentions and ensures that your magick flows from a place of unity and balance.

Humming

Sound is a powerful conduit for energy. Simple, sustained humming can raise your vibration, focus your scattered thoughts and create a palpable energy field around you. Begin by taking a deep breath. As you exhale, close your lips and produce a low, steady hum, like a soft electrical current, feeling the vibration in your chest, throat and skull. This internal massage stimulates the vagus nerve, calming the nervous system while building up a coherent, vibrating energy field that can be shaped by intention. Humming before a ritual helps you to gather your power, whereas doing it during a practice helps you to maintain a high vibrational state.

Silent Handholding

Touch is our first language. Sit facing a partner and hold each other's hands. Close your eyes. Breathe LOVE in and out through your heart. First, focus on your own body and

energy. Then, sense the presence of your partner's warmth and stillness. Gradually, allow the boundaries to blur; your breathing may synchronise and your energies may merge into a shared field of light. This simple act creates a profound energetic circuit, teaching your body that connection is safe and energy flourishes in the shared space between souls. It is a mini-meditation that quickly builds attunement, energetic charge and balance.

Hugging Meditations

A long, conscious hug can be a powerful way to align your energy and activate your heart. Stand facing a partner and wrap your arms around each other. Bring your chests, bellies and hips into contact. Breathe together through your heart centres. Imagine your auras merging to form one luminous bubble of light. After just a few minutes, this embrace can dispel feelings of separation, calm the mind, balance any misaligned energies, and establish a powerful circuit of shared energies.

The Practices

Weaving the internal and external through ritual and energy work.

The Nine-Step Manifesting Ritual

A magickal ritual is a conscious dialogue with the living intelligence of your personal universe – or Gaia, if you prefer. It is a structured process through which you transition from thought to action, utilising intention, symbolism, and energy to align your inner and outer realities. While there is no set way of doing things, powerful rituals usually involve some common steps. Rather than rigid rules, follow these steps as guiding principles to build your own meaningful and playful practice.

Step 1: Building a Heart-Centred Presence

Before you begin, feel the Source. Place a hand over your heart and sense your breath. With each inhalation, draw in pure, golden LOVE. With each exhalation, feel that LOVE radiate throughout your entire being and into the surrounding space. The Heart-Centre Breathing Technique forms the foundation of your ritual. Maintain it throughout to ensure your energy remains grounded in divine LOVE, protecting your practice from ego-driven desires and aligning your will with the highest good.

Step 2: Clarifying Your Intention

What changes would you like to see in your consciousness and personal universe? Vague wishes lead to vague results.

Your intention should be as clear as a quiet mountain lake whose bottom you can see. Formulate a single, concise sentence stating your desired outcome in the present tense, as if it is already happening.

Writing your intention down gives it a powerful anchor in the material world. Seeing the words on paper moves the intention from the abstract realm of thought into the tangible world of action. This act alone is a potent magickal declaration. You could write your intention on a notepad, or on a piece of paper on a clipboard or tray. If you wish, you can use this later as a surface for your ritual. The benefit of this is that you can move the board or tray to a different location later on (see step 8: Integration).

Step 3: Gathering Your Magickal Companions

Imagine that you are directing a revered play and are currently searching for the right actors. Choose the energies that will help you embody and amplify your intention. Gather these supporters from the book and your intuition to accompany you on your journey, acting as wise companions and mirrors. Writing them down on a separate piece of paper will help you to see clearly that you have all the components you want to include.

Ask yourself:

- Which archetype(s) embody the qualities you need? Should they be male or female?
- Which element(s) will provide the essential texture? (Earth, Water, Fire, Air, Spirit)
- Which benevolent presence could you call upon for guidance? (e.g. a specific planet or star, deity, angel, saint, ascended master, crystal or herb)

Step 4: Gathering Your Symbols

Now, gather the physical objects that will anchor your intention in the sensory world. These items are not random; they are conduits and amplifiers of energy. Approach them with reverence. When you find an object in nature, such as a stone, a feather or a fallen branch, pause and ask intuitively if it would like to accompany you on your journey. Instead of simply taking it from its habitat, feel for a sense of permission and gratitude. This respectful exchange strengthens your connection with Gaia.

Let your intuition be your ultimate guide. While this book offers suggestions, your inner knowing is the ultimate authority. If a uniquely patterned stone speaks to you as a representation for 'foundation', then use it. If vibrant flower petals feel right as a symbol of 'playfulness and lightness', include them.

Remember that you can also use simple, direct correspondences; for example, a small glass of real water might represent the element of Water better than a blue stone. A tea light candle perfectly embodies the element of Fire. Trust what feels meaningful and resonant to you. The greatest magick of an object is your personal connection to it.

Step 5: Preparing the Space

Before beginning the active ritual, you can prepare the ritual space. It is a gateway between worlds and requires conscious separation from everyday distractions in order to focus and hold energy. This is achieved by sanctifying your space. There are countless ways to do this, so choose the method(s) that feel right to you:

- Burn incense with a scent you like.
- Lay a blanket on the floor to create a soft surface.
- Light a candle to create soft lighting.

- Hang a cloth to shield the room from the outside world.
- Set the boundaries: Visualise a sphere of brilliant white or golden light forming around you to define your safe space. This bubble keeps distractions away and holds the energies you are about to build up.
- Sound and vibration: Ring a bell, chant 'Om' or hum an intuitive melody to shift your consciousness into a ceremonial state. Sound clears stagnant energy and instantly raises the vibration.
- Silently or verbally invite your guides, angels, ancestors or the loving consciousness of Gaia to participate in and guard the ceremony, and to provide guidance.
- Some may like to formally open and align the space by saying something like this: "I open the space of transformation. I call upon my angels and guides to create and hold this sacred space, filling it with light and LOVE. Support me while I perform this ritual. Thank you for providing divine guidance at every step of the process so that I can manifest my intention. May I create from my heart, in alignment with my highest path and potential. May the outcome be for the highest good of everyone involved."
- Others may simply experience these feelings naturally inside themselves and feel no need to express them formally. However, it will always bring clarity to speak the intention of your ritual out loud.

In this sacred space, anything is possible. By doing this, you have declared to your personal universe that you are ready to begin the conscious work of manifestation.

Step 6: Mapping Your Inner Landscape

This step makes the invisible visible. Arrange the physical elements you have gathered into an intuitive layout on your table or on the ground. This should reflect your current inner state or situation regarding your intention.

Don't arrange them (yet) the way you want them to be, but the way it honestly feels at this moment in your life. This is a courageous act of truth-telling, free from judgement. Let your heart and intuition guide your hands. If a stone feels like a heavy burden, perhaps place it in the centre to weigh things down. If a feather representing 'clarity' feels distant, then maybe position it further away. Revealing your inner world in this way is the first and most important step towards changing it.

Do not skip this step to avoid facing uncomfortable truths! The power of the ritual depends on this honest acknowledgement. If the arrangement feels heavy, chaotic or blocked, or if you experience physical sensations such as tension or nausea when placing the objects, simply accept it. This energy is the raw material you are here to transform.

Of course, you can always take a moment to shake off the tensions by dancing around the room, practising a specific yoga or breathing exercise, or doing whatever else intuitively feels right to help you cope with the energies better.

Step 7: The Alchemy of Transformation

When you feel a natural shift within you, signalling a readiness to transform, begin rearranging the objects into their best and most beneficial configuration. This is the act of conscious manifestation. Trust your intuition completely; the new arrangement does not need to make logical sense to anyone but you. It is a sacred dialogue between you, Gaia and the intelligence of your personal universe.

Follow all the impulses that arise. Perhaps a stone needs to nestle against a pine cone to symbolise a new, supportive partnership. You may feel drawn to light your candle now and position its flame where its transformative energy is most needed. Let the elements guide you towards a new pattern of harmony, balance and potential.

As you do this, pay close attention to your surroundings and your body. In this sacred space, nothing is a coincidence. Every event is a meaningful symbol and message. If the water in your house suddenly stops flowing, your lighter fails to work, an animal makes a sound or you feel a compelling urge to drink the ritual water, pause and feel into the meaning of these events. These are not interruptions; they are part of the ritual's dialogue.

Watch especially for your body's subtle reactions: a flinch of fear when you place an object of power, a wave of relief when you create a new connection, or a sudden hesitation that asks you to reconsider a choice. This is how Gaia and your deeper self communicate with you – through sensation, symbol, and synchronicity. Honour these messages. They are the guides ensuring your transformation is not only powerful but wise, integrating fully into the wholeness of your being.

Step 8: Closing & Integrating

When the new arrangement feels complete and resonant, pause. Sit with it. Breathe through your heart and absorb the new energy patterns that you have created. Feel it imprinting on your consciousness as the new blueprint for your reality. Thank your guides, angels and companions, as well as all the objects and elements, for their support and guidance.

Now, consciously choose how to close the physical space:

- Hold the pattern: If you worked on a clipboard or tray, you could carry this new 'map' to a quiet, undisturbed space in your home. Leave it there for a day or two to

serve as a visual anchor and reminder of the new energy, allowing yourself the time to fully integrate the shift.

- Return with gratitude: If you want to keep some of your objects, put them away in their designated places, thanking them for their service.
- Release and return: If some of your items came from nature, you could give them back onto the earth as an offering, releasing the transformed energy back to Gaia. You may feel intuitively guided to arrange them in a particular pattern or grid. This will create a sustained energetic anchor or antenna that will further support your intention.

Honour your body's processes. You may experience new sensations as energies settle. Drinking plenty of water can help to integrate the changes on a physical level and flush out the old. You may also need plenty of rest and sleep right now.

Any objects used in the ritual, such as a candle or an amulet, are now charged with your intention. You can burn the candle over the next few days to gently release its programmed energy, or wear the talisman to benefit from its support.

Step 9: Patient, Observing Trust

The final step is to be patient and watch what happens. Trust that the transformation has been firmly planted in the fertile ground of your consciousness and is growing. However, let go of any attachment to how or when the change will manifest.

Instead, become a curious observer of your personal universe. Notice the subtle synchronicities, new opportunities and internal shifts as your reality adjusts to your chosen path.

Pay attention to the signs. If you ever doubt whether what you see comes from the old or the new, simply connect with

your heart and you will sense the difference. In certain situations, when things are progressing quickly, you may experience a subtle astral tingling or sense of acceleration in your energy field. This is often accompanied by an exciting and expansive feeling, despite the natural vulnerability that comes with stepping into the unknown. This is not the constricting energy of anxiety, but rather a guiding signal that you are on the right path, even if your mind hasn't quite caught up yet.

Develop a sense of open-ended trust. Embrace the excitement of all potential outcomes, knowing that each one holds a valuable lesson and ultimately guides you towards your enlightenment. If something you have asked for does not materialise, trust that there is a higher reason for this: perhaps a prior lesson needs to be learned, or perhaps Gaia and your spirit guides are orchestrating an even better outcome than your limited perspective could ever imagine.

The Healer & Creator Technique

Healer & Creator is a fusion of energetic healing technique and magick, designed to bridge the gap between intention and embodiment. It provides a direct, physical experience of energy and builds a high-vibrational charge within your astral body, empowering you to shape your reality from the inside out.

Its core practice involves a simple, flowing movement that actively gathers and circulates your personal life force energy (Chi). You guide it from the earth through your body upwards into your expanded energy field.

Once this energy is awakened and flowing, you learn to shape it. This is where true magick happens: you can use this energy to cleanse yourself and your surrounding, infuse yourself with specific qualities (such as courage or LOVE), or support others. H&C empowers you to not just think about a new reality, but to become it energetically, fundamentally shifting the frequency you radiate out into your world.

The H&C Energy Flow Exercise

(from: *You Are Healer and Creator. Experience Energetic Healing and Energy Work*, 2019)

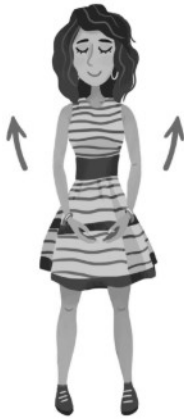
Here, we go with the H&C Energy Flow Exercise! It would be best if you have a look at the short instruction video that I filmed with my wife in Tenerife. There, I show you the exact procedure of the exercise very slowly and in detail.

Instruction video for the H&C Energy Flow Exercise:
www.healer-and-creator.de/en/energyflow

For the H&C Energy Flow Exercise, you need a bit of space around you, so please make sure you can stretch your arms in all directions without touching anything.

Stand straight, relaxed and steady. Your feet are about a foot apart. Your knees are not completely pushed through, but a little bit buckled, so that your stand is slightly springy. Your arms are hanging relaxed on both sides.

The palms are held open at the top and slightly arched, in a receiving posture, as if you were forming two small bowls. Start your H&C exercise with an inner smile and breathe through your heart centre a few times.



With the next inhalation through the nose, you bring both hands inward to the middle of the body until they almost touch each other. Continue to inhale, pulling both hands slowly and evenly upwards. Imagine how you pull up the life energy in the body. Keep breathing, keep your hands up until you have stretched your arms all the way up. Your palms should have opened slightly on the way up.



Then, just as evenly and slowly, start exhaling through the slightly opened mouth as you guide your arms down in a



circle. Your palms are directed towards the body. Imagine how you create a large sphere of energy and light around your body with your hands.

When you have exhaled completely, your hands should have reached the bottom.

Without a pause, you immediately start breathing in through the nose with the next inhalation. While doing so, turn your palms upwards again in a receiving posture, bring your hands to the middle ... and

without a break, slowly back up again.

As you continue to breathe slowly through your nose, you draw the life force upward with the symbolic help of your hands, as if you were pulling up a weight that hangs from your hands with a rope. Open the palms at the top ... and while exhaling, bring your hands down sideways, forming a sphere of energy and light around your body.

So, it's a perfect circuit that you create with inhalation, exhalation, and your hands and arms.

The inhalation and exhalation should be done in a relaxed way. Although you consciously control the breathing rhythm, the breath should not be pushed.

At the beginning, repeat this exercise five to ten times, with no break in between.

During the exercise, you can either keep your eyes open or you close them, as it helps to focus on the flow of breath and energy.

Try to make your movements as round, flowing and harmonious as possible.

The better you can concentrate and use your imagination to first pull the energy up, then spread it around the body, and down again, to find your centre and base to start the next energy cycle, the more energy you will feel flowing through your hands and your body.

It's best to check the above mentioned video several times to internalise this energy cycle. You can do the H&C Energy Flow Exercise together with the video first, and then do it without any help.

Initially, you should not do more than ten passes. Make sure it stays comfortable. If you feel a slight tension in your head, take a little break. So, do not overdo it in the beginning, the exercise needs to be understood and internalised, but it can also give you so much new life energy or *chi* that you might have to learn to handle it first.

You may want to practice the H&C Energy Flow Exercise ten times in the morning and ten more times in the afternoon or evening. If necessary, you can increase the number of passes slowly after a few weeks. Or you do 10 passes three or four times a day.

If you practice this energy technique regularly, you will probably notice a significant change in your life after just a few days.

In the next chapter, you'll learn how to use H&C to form and send your own energy spheres.

The H&C Energy Sphere Exercise

(from: *You Are Healer and Creator. Experience Energetic Healing and Energy Work*, 2019)

After practicing the Energy Flow Technique for ten or more passes, you have channeled the *chi* around you. You have increased the flow of energy through your body and strengthened your own energy field.

Now you are ready for the second part of the Healer & Creator technique, which we always practice right after the H&C Energy Flow Exercise. In this second part, you will learn to send out energy spheres and use them for your personal purposes.

I also shot a video for this part of the H&C exercise: www.healer-and-creator.de/en/sendingenergy

To form the H&C energy spheres, imagine how you would hold a ball in front of your body. Please hold your hands in front of you now. The fingers are slightly curved inward to encircle the shape of the ball.

Try to feel the round shape of the ball on your palms. Visualise that you would hold a ball with life energy.

To experience this idea as intensively and plastically as possible, you can do two different little movements.

For the first movement, gently press your hands together, as if you were squeezing the ball a little bit.

Then move both palms a little bit apart from each other, only for two or three centimeters, and then bring them back a little closer again, as if you were holding the ball tighter once more, and again, even squeezing it slightly.

If you were to hold a real ball, it would naturally fall down as you gently pull your palms apart. Fortunately, it's just an

imagined ball, I'll call it a sphere of life energy in the following. As soon as your palms come closer together again, you can feel the round shape of the ball again.



The slight pulling and pushing of the palms of your hands should help you to feel a direct feedback in the form of an invisible resistance on your palms. If you do not feel anything, just keep practicing and continue to imagine there would really be a ball in your hands.

Move your arched palms again and again back and forth, at your own pace and rhythm. Try to feel the presence of the energy sphere as clearly as possible.

For the second movement, turn your palms alternately with contrary movements of your wrists.



If you have a sensitive perception, with every little twist of your palms, you may be able to feel more or less clearly the shell of the energy sphere. It is bundled Universal Life Energy that you can sense here.

In order to get a clear idea of how this energy ball feels in your hands, you now combine the two described movements.

So, you pull your palms a few inches apart while twisting your wrists opposite to each other. Then, you push your palms a few inches further together, while again twisting them in opposite directions.

Form a sphere of energy. Try to feel this luminous energy sphere between your hands as clearly and intensely as possible.

Once you have a good perception of your energy sphere, you can send it towards your destination, which is depending on the application you want to do. Imagine, the energy sphere

can float in the air. Slowly open your hands and push the ball of energy in a gentle motion in the direction of its target.

For the first round of practice, you can target any item in your field of view and send the energy sphere there. For now, it does not matter if you send your energy sphere to a picture on the wall or to a car parked in front of you.

Just send out your energy and get a sense of how that sphere of energy is slowly drifting in the direction you are pushing it.



Immediately afterwards, create a new energy sphere with your hands, and after a few seconds, you can also send it out in the direction of your target. With a little practice, shaping a new H&C energy sphere takes only about three seconds. Then you send it out and form the next one. Repeat this process about five to ten times.

One can argue about how useful it is to send energy to a parked car or a picture on the wall. In the next chapter, I'll show you the first practical H&C application that can make a difference in your life!

H&C for Self-Healing and Harmonisation

(from: *You Are Healer and Creator. Experience Energetic Healing and Energy Work*, 2019)

Now that you understand the Healer & Creator basic technique and hopefully, have practiced it a few times already, we can focus on the first practical application of the H&C technique.

H&C is a very universal healing and energy technique. Before you can start sending energetic healing energy to other people, you should first learn how to harmonise, strengthen, and heal your own energy field (your *aura*).

All H&C applications follow the same basic procedure:

First, you always do some rounds of the H&C Energy Flow Exercise: Inhaling through the nose, you pull the energy up, and exhaling through the mouth, you form an energy circle around you (about 10 passes).

Then, you shape the H&C energy spheres with the coordinating movements of your hands and send them out (about 5-10 passes).

For the various H&C applications, we just slightly vary a few details or concentrate on sending out energy spheres to a specific target. So that you can easily recognise the differences between the first H&C application and the already learned H&C basic technique, I have printed the deviations in the following text in bold.

Start your first H&C application with the inner smile and breathe through your heart centre.

When you're ready for the H&C Energy Flow Exercise, breathe in slowly and evenly, pulling up the life energy with your hands in the middle of your body.

When your hands have reached the top, start exhaling and circularly lowering your arms and hands, **and now let the energy you have just drawn up trickle down on you like in a shower.**

Practice further rounds of the H&C Energy Flow Exercise, and each time you spread your arms above you, **you treat yourself to this wonderful energy shower.** Imagine intensively how the concentrated energy from your hands trickles down on you as you run your hands and arms down in a circle with the exhale.

If you want, you can say, "I LOVE me" or "I'm wonderful!" while exhaling and enjoying the energy shower.

Practice the H&C Energy Flow Exercise with the energy shower at least ten times.

Then start shaping and sending out the H&C energy spheres: For this application, you are **directing your energy spheres directly onto your body.**

If you want, you can send an energy sphere into your left leg, then one into your right leg, then into your abdominal region, your heart centre, and finally you can dip your face and head into an energy sphere.

You can also send your energy spheres preferentially in those parts of your body that you may not like about you. Or you send them to the regions of your body where you have a physical problem or can use fresh life energy for some other reason.

Do yourself good with this application! When you are in harmony with your body and your energy field, you will soon be able to heal other people energetically. Practice this application as often as possible. In the next chapter, we will look at how you can incorporate H&C as a solid habit into your everyday life.

Make H&C a Permanent Habit

(from: *You Are Healer and Creator. Experience Energetic Healing and Energy Work*, 2019)

Congratulations! You already know the basic technique and the first specific application of Healer & Creator, and you can now harmonise and strengthen your own energy field.

Before you can learn more H&C applications and further refine and improve your practice, one thing is important: daily practice! If you only use H&C once or twice a week, you will not nearly be able to achieve what you can with this wonderful technique.

Through daily practice of H&C, you will strengthen your inner energy channels in the body, and step by step, you will get an ever finer sense of the flow of energy within and around you. You learn to channel the universal life energy better and better, focussing and applying it for very specific goals.

Over time, you will reach deeper levels and become acquainted with new aspects of this healing and energy technique that may not be apparent at this time. For me, it feels like the technique brings all my body cells into a higher energetic state of vibration and connects my consciousness with the energetic world.

The natural flow of your healing power will increase more and more. Internal blockages will often resolve themselves. Many also report the experience of a better sleep, because H&C is stress-reducing. You will be able to change your life with H&C positively. Over time, you may also find that you are experiencing your everyday life much more consciously and that smaller crises cannot pull you down as much as they used to.

To experience all this, you must first make H&C a regular habit!

It only takes five minutes for the H&C Energy Flow and H&C Energy Sphere Exercises. You will actually regain these minutes during the day, as Healer & Creator will make you feel more balanced. And you will learn over time to use your energies better and more purposefully than before.

Some say, "Oh, I always have so much to do ..." or "At the moment, I'm totally in stress!" Behind these excuses is often a completely different reason. These people may not yet believe that the H&C exercises will make a big difference in their lives.

There is only one way to experience the long-term effects of Healer & Creator: Practice it each day for two or three weeks. If you still think that H&C would not do you any good and is a waste of time, you can easily end your new habit.

Once you have decided to make Healer & Creator an integral part of your daily life, you need a concrete plan on how to integrate the exercises into your everyday life.

Change Your Morning Routine

After getting up in the morning, it is especially easy for most to incorporate this new habit into the daily routine.

We all have our own personal morning ritual. What you do in the morning right after getting up, you have usually programmed firmly in your subconscious mind over many years. It would feel very strange if you suddenly skipped one of these regular activities.

Suppose you always brush your teeth as the last action of your morning bathroom ritual, and immediately after that, you prepare yourself a tea. If you insert the five minutes for H&C right after brushing your teeth and before drinking tea, it will become a regular habit after just a few days. Your new exercises are supported by the other two habits before and after.

Your brain connects the synapses in a new way and after a few days, it will remind you to practise H&C, if you should accidentally go directly into the kitchen after brushing your teeth.

Some say a new habit would take 21 days to establish. With this simple trick of inserting a new action between two other regular habits, you can make it work in just one week!

Do you already know how you can incorporate H&C into your own morning schedule?

Find an Anchor for Your Afternoon Routine

You will have a much deeper experience with H&C if you practice it at least twice a day. However, for most people, it is not such a good idea to practise it right before bedtime: with so much energy, many people cannot fall asleep that easily. But try it out for yourself, because some people even have a wonderful sleep after a night coffee.

The best time for most users is between lunch and dinner. Do you find another daily habit that is already established during this period? Of course, the meal itself could be such an anchor to inserting the new habit: that is why some practice right after lunch or just before dinner.

Or do you find another activity that you already do every day during this period and with which you can link the new H&C exercises? Maybe right after you get home from work or before your evening relaxation program?

Practice H&C before or after other Exercises

Those who already meditate regularly or do yoga, tai chi or other exercises for their own well-being, have it even easier: Just do the H&C exercises directly before or directly afterwards.

If you do it before your other spiritual exercises, you will probably find that you can do them with a much better concentration and depth than before. Or, if you practice H&C immediately after other spiritual exercises, you will probably be able to make the Healer & Creator exercises much more focused and profound.

For example, Susanne wrote to me: "It's even easier to do H&C after supportive exercises like yoga. Then the feeling of well-being is just present, and a focus of that feeling intensifies it and creates a powerful magnet for further well-being. To enjoy this feeling and to maintain it as a background during the day is my motivation to keep going. The side effect of more well-being is more health. Practicing it is self-empowering. The good feeling of an immediate manifestation. And if it's easy and comfortable, it's easier to keep it rolling."

During your day, the inner smile and the breathing through your heart centre is ideal as pick-me-up techniques that will connect to your H&C practise. Many users already tell me that they do both exercises regularly in between, for example while queuing up somewhere, while driving, or during other activities that run more or less on autopilot.

The nice thing about the inner smile and the breathing through your heart centre is that you can do them more often spontaneously, as a short, but effective impulse in between.

Once you have integrated H&C into your daily routine, you probably will not want to miss the exercises anymore.

This is what Birgit wrote to me: "The H&C applications have already become an integral part of my life. For the last three days, I could not keep my usual rhythm. I was then really restless, because my internal clock sounded an alarm. This morning, I was so happy to be back to my usual rhythm with H&C."

She also wants to pass on as a tip: "... that the effect of H&C applications are much more intense with me when I do it outdoors or in front of the open balcony door."

It is always a bit harder practising all alone. But many other dear people already practice H&C every day, and you can connect with them for mutual motivation and sharing experiences.

Embodying Specific Energetic Qualities

Healer & Creator provides a method for consciously shaping your reality through energy work. Once you have learned the basic techniques for balancing and strengthening your energy field (see: *H&C for Self-Healing and Harmonisation*) and established a regular practice, you will be ready to take your energetic work to the next level. The following application will show you how to consciously integrate specific energetic qualities from various sources into your personal energy field. This will enhance your connection to higher frequencies and align your personal universe with your deepest intentions.

Start the H&C process with an Inner Smile and breathe several times through your heart centre. This will ground you in divine LOVE and prepare you to receive and integrate powerful energies from within and around you.

When you are ready for the H&C Energy Flow Exercise, breathe in slowly and evenly, pulling life energy upwards through the centre of your body with your hands. As you perform this upward movement, focus your intention on a specific energetic quality that you wish to integrate.

- If you wish to embody nurturing, steadfast LOVE, imagine calling upon the Mother archetype. Feel her essence of unconditional care, stability and fertile grounding rising within you from the depths of Mother Earth.

- To embody transformation and fierce courage, connect with the energy of Fire. Imagine drawing its passionate intensity, purifying clarity and powerful will up from your core.
- Invite Archangel Michael when you are seeking protection and strength. Feel his courageous energy, clear boundaries and liberation from fear rising through your being.
- To amplify unconditional LOVE and emotional healing, focus on rose quartz. Imagine its gentle yet powerful energy flowing upwards and filling you with compassion for yourself and others.

As you raise your hands above your head and then lower them in a circular motion around your body as you exhale, imagine that you are allowing these specific energies to shower over you, filling every cell of your body and energetic sphere and becoming an active and vibrant part of your being. As you consciously integrate these energies, internally affirm your gratitude to the energy you have tuned yourself to: "Thank you for your support. I lovingly integrate you into my being!"

Visualise your personal energetic sphere glowing brightly with the newly integrated qualities. Make this imagined image as vivid, colourful, and strong as possible in your mind's eye. Repeat this modified H&C Energy Flow Exercise at least ten times.

Once you have completed the Energy Flow Exercise, proceed to form and send out your H&C Energy Spheres. As you do so, infuse them with the amplified energetic qualities you have just integrated. For instance, you could send spheres filled with the nurturing energy of the Mother to support a family relationship, or spheres imbued with the courage of Fire to empower a new creative project. Send your energy spheres gently and lovingly to your chosen destination. This could be

into your immediate surroundings, towards a specific goal or, with consent, to another person for their highest good. Repeat forming and sending energy spheres at least five times.

Expanding Your Healer & Creator Canvas

The true power of the Healer & Creator Technique lies in its beautiful versatility. It provides a framework that you can adapt to consciously channel energies towards any area of your personal life. While the core Energy Flow Exercise forms the basis of the technique, the following applications are suggestions to inspire your own intuition.

Each outline focuses on a different intention and visualisation, showing how you can adapt the process to suit your needs. Consider them as examples of what is possible and feel free to customise the technique for your own journey. Your intuition is, and always will be, your most important guide.

Begin each H&C application with the Inner Smile, breathing several times through your heart centre.

Expanding Your Energetic Field

This application teaches you to consciously expand your personal energetic sphere, making you more aware of your surroundings and enriching your field with life energy.

- **H&C Energy Flow Variation:** As you exhale and lower your arms in a circular motion, visualise the channelled life energy not only trickling onto your body, but also expanding several metres around you in all directions: forwards, backwards, left, right, upwards and downwards. Imagine filling this expanded field with LOVE and light. Repeat this exercise at least ten times.

- **H&C Energy Sphere Variation:** After the Energy Flow Exercise, send your H&C Energy Spheres outwards in all directions (left, forwards, right, backwards, upwards and downwards). Program these spheres to remain active around you all day, continuously enriching your expanded energy field.

Cleansing and Nourishing Your Space

You can use H&C to cleanse your living spaces energetically and fill them with loving light.

- **Preparation:** Open all room and large cabinet doors. If you are comfortable with it, open the windows to allow a light breeze in. Stand in the centre of the room or an intuitive symbolic centre.
- **H&C Energy Flow Variation:** As you exhale and lower your arms in a circular motion, imagine your arms becoming very long and encompassing the entire room. Visualise the room filling with loving light as you sweep your arms around it.
- **H&C Energy Sphere Variation:** After completing the Energy Flow Exercise, send H&C Energy Spheres into each corner of the room. Visualise them gently washing away any negative energy that has accumulated there. You may also want to send spheres to the furniture in the room. Then move to the next room and repeat the process.

Charging a Talisman

Charge an item of personal significance to act as a talisman or good luck charm, imbuing it with specific energetic qualities to support you.

- **Preparation:** Choose an object that you want to charge. First, cleanse it energetically, for example by taking it in your hand and imagining how old energies

dissolve as you blow on it. Next, decide on one specific quality you wish to infuse into the object, such as more LOVE, heightened awareness or openness to opportunities. Place the object in your line of sight, about an arm's length away.

- H&C Energy Flow Variation: As you exhale, visualise having already achieved your desired outcome (e.g. experiencing intense LOVE in your heart or new opportunities). Form a large energy sphere with this visualisation of intense emotion directly in front of your body. With each subsequent exhalation, strengthen this imagined sphere. Repeat about ten times.
- H&C Energy Sphere Variation: Form H&C energy spheres using the energies you have just created in front of your body. Focus these energies and gently send them onto your chosen talisman. Visualise the talisman absorbing and storing these energies. Repeat this process at least five times.

Healing Gaia

Send healing energy to the whole planet, focusing on a theme that is important to you.

- Preparation: Focus on a specific healing theme for the Earth, such as 'Earth's Ecosystem', 'Peaceful Co-existence', or 'More Love Among People'.
- H&C Energy Flow Variation: As you exhale and lower your arms in a circular motion, visualise a scaled-down version of the Earth floating between your hands. Gently stroke the imaginary aura of Gaia, filling it with light and your chosen healing intention. Visualise your intention as already being a reality within this image of the Earth.

- H&C Energy Sphere Variation: Create H&C Energy Spheres, fill them with your chosen healing intention and send them out in all directions: forward, right, backward, left, up and down.

Cultivating Healthy Eating Habits

Use H&C to develop a genuine desire for healthier nutrition and shift away from unhelpful eating habits, focusing instead on what truly nourishes your body at a cellular level.

- H&C Energy Flow Variation: As you inhale, deeply feel the joyful anticipation of your body's cells as you mentally commit to gradually reducing your appetite for unhealthy foods. Promise your cells that you will increasingly choose high-quality nutrition to provide them with the nutrients they need, prioritising their well-being. Feel the joyful jubilation that this powerful intention creates within every cell. As you exhale, integrate this inner promise into your energy body.
- H&C Energy Sphere Variation: Form H&C Energy Spheres filled with the intention of joyful, healthy nourishment, and send them into both your stomach and your kitchen.

Embracing Your Shadow Sides

This application helps you to consciously embrace your shadow aspects and transform them into powerful sources of energy and personal growth. It encourages you to accept the parts of yourself that are often hidden or rejected.

- Preparation: Before starting the H&C Energy Flow, take a moment to acknowledge a shadow aspect of yourself that you recognise. Allow yourself to feel it without analysing or judging it; trusting your intuition is key here. It's perfectly fine if you can't describe what you feel.

- H&C Energy Flow Variation: As you inhale and draw your hands and energies upwards from your centre, you also consciously draw the energies of your shadow aspects upwards. As you exhale, lower your arms in a circular motion and visualise integrating these energies into your inner being. You may wish to affirm internally during this process, "I am okay. I LOVE all parts of me!" Repeat this procedure at least ten times.
- H&C Energy Sphere Variation: After the Energy Flow Exercise, the energies you have circulated are purified of their perceived negative qualities, serving as a powerful foundation for your H&C Energy Spheres. Form these spheres according to your desires and send them as 'little angelic helpers' to the areas of your life that need healing the most, or direct them towards your current projects and goals.

The Fear of Awakening

We spend much of our spiritual journey working to overcome fears of abandonment, scarcity and not being enough. But there is one deeper, more powerful fear that often remains unspoken. It is the fear of our most radiant light. The internal resistance of stepping fully into the power and responsibility of being a conscious, liberated creator in harmonious alignment with the whole.

As the visionary Marianne Williamson so perfectly expressed: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us."

Why would we fear our own light and awakening? Because with great power comes ultimate responsibility. To step fully into our power means to accept that we are the conscious architects of our personal universe. There is no one else to blame, no external force to credit or fault. This can feel isolating to the ego: "If I become so powerful, will I still belong anywhere? Or will I be alone?" Our ego would often rather be a wounded character in a story it didn't write than the co-author tasked with writing a new one.

Forgiveness and shadow work remove the internal barriers that undermine our power. Rituals train us to focus our intentions and believe in our ability to shape reality. Working with Gaia teaches us the principles of conscious, loving creation in a supportive environment. The entire path of heart-centred magic is preparation for this leap. This is our training ground.

As we awaken, the comforting veil of ordinary perception begins to thin in our everyday reality. What were once rare and wondrous signs – meaningful synchronicities that felt like gentle breadcrumbs from the universe or our spirit guides – can start to occur so frequently and clearly that it can feel overwhelming. The world begins to speak to us in a continuous, unmistakable dialogue. While beautiful, this can also feel profoundly disorienting and weird. The solid ground of consensus reality seems to soften, and the once magical becomes the normal. This intensification of the unseen is not a sign that you are losing your grip; it is a natural consequence of your vibration rising to meet a more fluid and intelligent reality. It is the universe confirming that you are on the right path, even if that path now feels less like a paved road and more like a living, breathing story in which you are the conscious co-author.

In her infinite LOVE and wisdom, Gaia has always been the loving mother, providing the planetary school and its lessons. However, her greatest hope is not for us to remain in her care as eternal students. She wishes for us to graduate from needing her guidance and grow into our full potential. She wants us to one day no longer stand by her side as children, but as conscious, co-creative partners who steward reality with the same LOVE and wisdom with which she guided us.

This path of magick is an invitation to finally come home to ourselves. No longer do we ask for miracles; we realise that we are the miracle. It is about not just requesting LOVE from the universe, but embodying it so completely that we become

a source of it. This is the journey to becoming a fully liberated creation master. It is the reason we are here. Every step we have taken has brought us to this threshold.

The only question that remains is whether you are ready to trust in your own greatness. Are you ready to courageously embrace the growing intensity and 'weirdness' of your new reality as it unfolds? The universe does not ask for your comfortable smallness. It waits with infinite patience for your resounding YES!

Releasing the Resistance

Awareness of our fear is the first step. But when this deep, cellular resistance arises, as it will on the path to true freedom, it is important to know how to move through it.

This fear is not just a thought; it is a nervous vibration stored in the very memory of our cells. Therefore, the key lies in using the body to release what the mind cannot reason away. Here are some ways to work with these energies when it surfaces. However, follow your intuition and do whatever feels right in those moments:

- You could stand up and move. Allow your body to lead the way in releasing the energies of fear. You can shake intuitively – let your hands, arms, legs, and torso tremble and jiggle without control or thought. Alternatively, you can jump, focusing on pushing the energies down through the soles of your feet and back to Gaia. You could also imagine yourself leaping into your power. Or, you can free yourself through intuitive, ecstatic dance, allowing your own inner rhythm to flow through you and break the grip of fearful emotions. All of these practices will shake the stagnant energies loose from your field, and transmute them into momentum.

- Go for a brisk walk, ideally in nature. Feel your feet connecting firmly with the ground with each step. Breathe. Internally affirm: "I am here. I am grounded. I am capable." This practice anchors your nervous system and helps you to reclaim your physical space in the world.
- Your voice has the power to release trapped emotional energies. Find a private space where you feel safe to express yourself, and allow your body to make whatever sounds it needs to make. These could be deep moans from your stomach, long sighs, or even strong, releasing shouts. Don't judge the sound; focus on the sensation and feel the relief spreading through your body.
- Inhale slowly and deeply through your nose, gently filling your lungs to a slow mental count of nine. Then, exhale just as slowly and completely through your mouth or nose, counting to nine again. Keep the breath smooth and avoid straining. This practice physically calms the amygdala, the brain's fear centre, and activates the parasympathetic nervous system. This signals to your brain that you are safe and not under threat, directly counteracting the fight-or-flight stress response. The extended count forces your focus onto the rhythm of your breathing, pulling it away from the cycle of fearful thoughts and creating a powerful, calming anchor in the present moment.
- Return to the foundational practice of heart-centred breathing. Place a hand on your chest if it helps you focus. Breathe normally, imagining you are drawing pure LOVE directly into your heart centre with each inhalation. As you exhale, send that same LOVE out into your body and energy field. This conscious act fills your entire being with the primary substance of creation, gently dissolving the constricting energy of

fear and reminding you that your true nature is strength, balance and safety.

- As fears are associated with the air element, you can call upon the other elements to restore your balance. Earth can ground you with its stable, steady presence. Water can help to release energies and let them flow instead of fighting them. Fire can transform fear into courageous action. And Ether (Spirit) can remind you of the vast, peaceful consciousness that exists beyond the temporary storms, reconnecting you with the bigger picture.
- You can also work directly with this fear using the Healer & Creator Energy Flow exercise. As you inhale, consciously draw the sensation up from within your body. As you exhale and lower your arms, visualise integrating these energies back into your being and accepting their presence without judgement. After several rounds of this practice of acknowledgement and acceptance, shift your focus. Now, with each inhalation, draw up feelings of innate courage and unshakable strength from your core. As you exhale, allow these qualities to fill your aura, cells and tissues.

When you feel this fear, don't try to think your way out of it. Work through it. By releasing the physical vibration, you are signalling to every cell in your body that it is safe to embrace your full potential. You are transmuting its energy into fuel for your liberation.

Awakening is not a linear ascension, but rather a series of waves. Each phase of intense sensation, tingling nervousness or surreal 'weirdness' will reach a certain height and then eventually calm down. The key is finding a way to hold space for the intensity without resisting it, trusting that just as the wave arose, it will also pass, leaving you in a new and more balanced state.

The greatest kind of magick is hidden in the mundane, when we practise it with a conscious heart. Using our authentic power rarely involves dramatic acts like those seen in superhero movies. More often, it looks like lovingly cooking a meal for our tribe, holding space for a friend without judgment, or sharing our vulnerable truth. By focusing on the here and now, we ground and stabilise our energies. It is through these simple, grounding acts of deep presence and care that we truly change the world. The larger, collective shifts happen automatically as ripple effects from this embodied peace in the collective consciousness.

Alignment to Divine Will

Using our liberated creative power does not mean separating ourselves from the cosmos. We do not become lonely goddesses or gods in empty space, acting out of an isolated will. That was precisely Lucifer's mistake: he believed that individual will could be placed above the harmonious, interconnected flow of divine will – above the intelligent, loving stream that sustains all of creation.

True, liberated creation is the ultimate alignment. Gaia sets us free, not to become her masters, but her partners. As free creators, we evolve from following a curriculum to consciously collaborating with it. We are free to design our lives, but we do so within the living, breathing ecosystem of a benevolent universe. Your personal universe is always part of the greater whole.

So how do we navigate this? How do we know if our beautiful creation is righteous? We tune in. We will still feel guidance when we ask, but the relationship changes. We connect directly with the divine will, opening ourselves fully to the higher guidance and aligning with the highest harmony. We can ask to serve the whole and to receive messages for adjusting our course whenever it becomes necessary.

The question may shift from "Is this allowed?" to "Does this create more LOVE, beauty, and truth in the world?" We will trust that our creation is righteous by the feeling in our heart. If our intention comes from a place of divine LOVE, compassion, and a genuine desire to contribute to the greater good, then we are most likely co-creating with divine will. We are acting as a channel for it.

However, if the creation comes from a place of ego, control or separation, even if it looks beautiful, we will feel the subtle dissonance, perhaps as a tightening or a slight sense of unease. This is our natural connection to the divine providing us with feedback. We now have the maturity to receive and act upon this feedback clearly.

This is the conscious balance: using our amazing power with the humility to listen to the harmonious chorus of the whole.

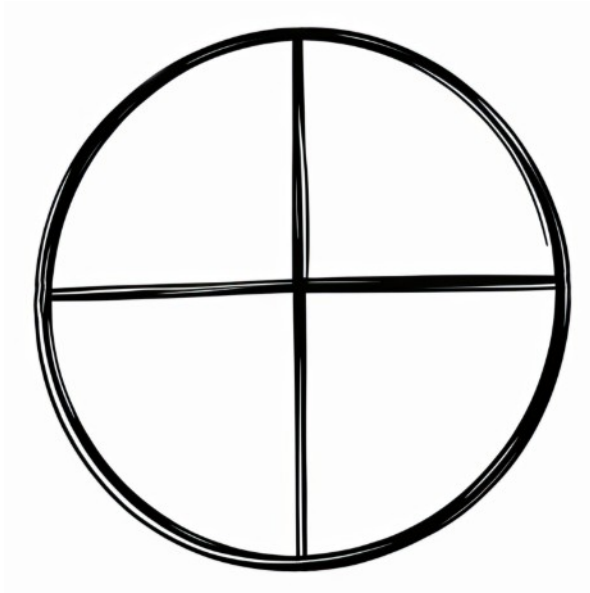
Your Magickal Companions

Meeting your symbolic mirrors for your inner powers.

The Five Elements

In the magickal world, the five classical elements are intelligent, living energies that shape both our external world and our inner being. When we invite them into our practice, we establish a relationship with them rather than merely using metaphors. Each element is a current of energy that can communicate with us, offering guidance and support. They are part of Gaia's body. We can learn to work with them and understand their strengths and weaknesses.

This relationship is based on the fundamental truth that energy cannot be destroyed, only transformed. We cannot simply eliminate an unwanted habit, painful memory or limiting belief. Practices such as writing words on paper and then burning it are not about annihilation, but rather powerful acts of conscious alchemy. In doing so, we use the elements to transmute energy from a dense, stagnant state into a new, usable form.



Each of the five elements provides a different way of achieving this change:

- We can ground and integrate with Earth, turning chaos into a solid foundation.
- We can cleanse and release with Water, allowing emotional currents to carry away what no longer serves us.
- We can transform and purify with Fire, alchemising pain into wisdom and willpower.
- We can dissolve and clarify with Air, allowing mental patterns to be scattered by winds of insight.
- We can liberate and balance with Spirit (Ether), moving beyond the cycle of form entirely, experiencing the underlying unity and wholeness of all things.

These elemental presences offer to be our companions, teachers, collaborators and amplifiers. We can imagine them as personalities, movements of energy or spiritual mirrors. Some people experience them strongly in their bodies; others see them in their dreams or sense them arising spontaneously when certain archetypes, intentions or emotions are activated. Working with the elements adds dimension, rhythm and emotional depth to our rituals, healing spaces and inner processes. They give texture to our intentions: passionate focus with Fire, grounded patience with Earth or liberating clarity with Air.

There are no fixed rules when it comes to choosing an element. It's more about setting the tone for a conversation with life. It's a way of letting Gaia know what language we are speaking. Calling on Water, for instance, could indicate our desire to approach a situation with empathy, adaptability or emotional depth. Choosing Fire could ignite transformation or give us the courage to take bold action. The element you choose influences how the other magickal energies manifest and adds a particular flavour to your inner landscape.

The five elements also interact with the archetypes in a deeply intuitive way. For instance, a lion guided by Air might lead through action and determination, whereas one influenced by Earth would offer more stability and protection. A Water-influenced rebel might act on instinct, sensing emotional undercurrents before suggesting changes, whereas a Fire-influenced rebel might burst forth with catalytic force. This interplay is not rigid; it is intended to encourage creative combinations and personal interpretation.

Traditionally, the five elements are also assigned to polarities: Earth and Water are considered feminine, being associated with nourishment, cycles and receptivity. Fire and Air are considered masculine, being aligned with activity, structure and expansion. Ether, however, stands apart and is often seen as the unifier of all, the bridge and the mystery.

However, these are tendencies, not limits. Water can be destructive, while Fire can be comforting. The elements are not bound by gender roles; they simply offer archetypal patterns of how energy moves. You are free to explore their qualities beyond polarities.

As with gender in this system of magick, the elements are invitations. Not everything needs to be labelled, but when you sense an energy that requires grounding, release, transformation, clarity or balance, the elements provide a subtle vocabulary for tuning in to. They allow for nuance. You may not always know what is needed at first, but through meditation, body sensing or intuition, you may discover an element with which you resonate. Let that be your starting point.

Earth

Earth is the steady ground beneath all change. She is Gaia's solid body, with its slow rhythms of rock, soil, bone and root. Earth holds, contains and supports. Her presence brings form, stability and patience – the power to endure, grow slowly and build things that last. Earth energy nourishes our bodies, connects us with our ancestors, and reminds us that wholeness does not always have to be loud; sometimes, it is the quiet power that comes from deep roots that matters most.

Essence: Grounding, nourishment, structure

Symbols: Mountains, trees, stones, caves, bones, seeds, salt, clay

Shadow sides: Stagnation, resistance to change, material obsession, heaviness, emotional numbing

Call upon it when: You need to ground an idea into reality, strengthen your body or boundaries, stabilise your emotions, or bring commitment and reliability into your path.

Water

Water is the emotional current of life: ever-shifting, flowing and connecting. She cleanses and nourishes, remembers and dreams. Water dissolves false boundaries, restores intuition and promotes healing through its softness. She speaks the language of the heart, memory, tides and tears. In her embrace, we remember that surrendering and vulnerability is not a sign of weakness, but of wisdom. Water helps us to feel what we have avoided and release it with trust and grace.

Essence: Emotion, intuition, healing flow

Symbols: Lakes, rivers, seas, rain, chalices, shells, tears, moonlight

Shadow sides: Overwhelm, emotional instability, illusion, co-dependence, avoidance

Call upon it when: You seek emotional healing, deeper connection, intuitive insight, or when it's time to soften your grip and let life flow through you.

Fire

Fire is both the spark of creation and of destruction; the bold spirit that ignites and transforms. He symbolises courage, passion, clarity and determination. Fire consumes what is no longer needed and illuminates the way forward with passionate clarity. His presence awakens vitality and inspires action. Working with fire means honouring the inner and outer powers that move through you.

Essence: Will, transformation, passion

Symbols: Flames, sun, candles, embers, forge, lightning, salamander

Shadow sides: Aggression, impulsiveness, burnout, dominance, destructive rage

Call upon it when: You need to take decisive action, ignite your inner courage, release what no longer serves you, or reawaken your creative fire.

Air

Air is the invisible messenger of the mind and spirit – the breath of life itself. He carries thoughts, ideas, and inspiration across vast distances, connecting all beings through the shared act of breathing. Air brings clarity and perspective, offering the possibility to see beyond immediate circumstances. His presence encourages communication, intellectual expansion, and the lifting of veils that obscure truth. Working with Air means learning to trust the unseen, listening to the whispers carried on the wind, and elevating your consciousness beyond the mundane.

Essence: Intellect, communication, freedom

Symbols: Wind, clouds, birds, feathers, breath, bells, incense smoke, distant horizons

Shadow sides: Detachment, indecisiveness, gossip, anxiety, lack of grounding

Call upon it when: You need mental clarity, honest communication, a fresh perspective, or the courage to speak your truth. Air helps you rise above confusion and see the bigger picture.

Ether (Spirit)

Ether is the fifth element, the mysterious and higher dimensional substance that permeates and unifies all others. It is the space in which all things exist, the silent witness behind manifestation, and the source from which all elements originate and to which they return. Ether represents spirit and potential, and is closest to the infinite field of consciousness. It is the bridge between the physical and the non-physical, the

known and the unknown. Working with Ether means aligning with the divine order, accessing higher states of awareness and remembering the sacred unity underlying all apparent separation.

Essence: Unity, spirit, potential

Symbols: Stars, the void, crystal spheres, labyrinths, mandalas, the cosmic egg, silence

Shadow sides: Dissociation, escapism, confusion, spiritual bypassing, loss of form

Call upon it when: You seek to connect with the divine, access higher guidance, integrate spiritual insights into daily life, or bring a sense of sacredness and unity to your practice or space.

Aligning with the Elements

The five elements are fundamental energies that also live within us. When we feel out of balance, perhaps lacking grounding (Earth), experiencing emotional turbulences (Water), our passion is waning (Fire), feel mentally foggy or anxious (Air), or experience a sense of disharmony (Spirit), we can consciously call up a suitable element within ourselves to strengthen it.

This practice involves selecting an affirmation that resonates with the essence of an element and repeating it quietly to yourself, or out loud, with focused intention. As you do so, breathe deeply and visualise the corresponding energy: the stability of soil, the flow of a river, the warmth of a flame, the freshness of a breeze or the luminous expanse of space.

In doing so, you are not just uttering words; you are performing a gentle act of inner alchemy. Using vibration and intention, you are strengthening the elemental quality within your own being and restoring balance.

Earth:

- "I am rooted, stable, and nourished by the strength of Earth."
- "My roots are solid, and I grow at my own perfect pace."
- "I am fully present in my body and grounded in this moment."

Water:

- "I allow my emotions to flow through me with grace and ease."
- "I am cleansed, healed, and connected to the deep wisdom of my heart."
- "I surrender to the natural flow of life, releasing all resistance."

Fire:

- "Let everything that is no longer true burn away, leaving only clarity, LOVE and determination."
- "My inner fire burns brightly, fueling my passion and courageous action."
- "I am transformed and purified by the sacred flame within."

Air:

- "My mind is clear, my thoughts are light, and I see everything from a new perspective."
- "I breathe in inspiration and express my truth with clarity and grace."
- "The winds of change bring fresh ideas and liberating freedom."

Ether/Spirit:

- "I am a vessel for divine spirit, connected to the unity of all things."
- "I release all form and limitation, returning to my infinite potential."
- "I am aligned with the sacred order and highest wisdom of the cosmos."

Changing Energies

By understanding the core functions of the elements, we can intuitively use them to transform any energy, whether an internal emotion or an external situation. The key is to identify the desired outcome and then engage the relevant element through a simple intentional practice.

Concrete Examples and Practices

Do you feel scattered or anxious? Tap into the power of Earth. The result will be integration and stability.

Example: Stand with your bare feet on the floor. Place one hand on your stomach. Breathe through your heart centre. As you exhale, imagine roots growing from your feet deep into the earth, giving you a sense of solid stability. Repeat an Earth affirmation such as "I am rooted, stable and present." You can also hold a stone in your hand as a physical anchor.

Are you holding onto past hurts and lingering resentment and grief? Call upon Water. It supports you through cleansing, flowing and letting go.

Example: Stand in the shower or picture yourself standing under a waterfall. As the water flows over you, identify the emotion or memory that you want to release. Imagine it being washed away and carried off by the current. Say: "I

allow this feeling to flow through me and away. I am cleansed and open to what is new."

Do you need to break a bad habit, overcome a stubborn pattern or stop procrastinating? Call upon Fire. It has a transformative and purifying effect.

Example: Light a candle. Write down the habit or pattern that you want to break on a small piece of paper. Gaze at the flame and feel its transformative power. When you are ready, use the flame to burn the paper in a bowl, saying: "I transform this energy. I am purified and renewed by the fire of my will."

Are you stuck in a cycle of overthinking, mental loops and confusion? Can't see clearly? Call upon Air. It dissolves and clarifies.

Example: Go outside or stand by an open window. Take several deep, conscious breaths through your heart centre. As you breathe in, imagine drawing in clarity. With each exhale, imagine blowing confused thoughts away like smoke and allowing the wind to carry them away. Ask yourself, "What is the clear truth here?" and listen for the answer carried on the breeze.

Ether/spirit is the space in which all this occurs. It is the element of transcendence and liberation from the cycle of form itself. Call upon Ether when you need to see the bigger picture, connect with the higher dimensions or let go of your attachment to a specific outcome. One practice is to simply sit in silence, breathe, and affirm: "I am one with the Infinite. I trust the divine plan."

Combining Elements

By combining elements, we enable them to work together to achieve a more nuanced result. Here are some examples, but it's best to have an intuitive sense of which element can support your goal at the right moment.

Earth + Water: Nurturing new growth from a stable foundation. Example: After grounding yourself with the element of Earth, pour some water where you were standing, intending to water a new idea or project in your life and help it grow.

Fire + Air: Inspires rapid change and new ideas. Example: Write down an intention, burn it and then open all the windows to allow the smoke to carry your request out into your personal universe.

Water + Fire: Transforming deep emotion into creative power. Example: After a good cry (Water), use that raw emotional energy to paint or dance with passion (Fire), transforming the pain into art.

Human Archetypes

Archetypes are like ancient blueprints of the soul: timeless roles, energies, and qualities that live within each of us. Over the course of our many lifetimes, we walk in the footsteps of them all. Some we already know well; they feel familiar, almost like home. Others may still challenge us, inviting us to explore, understand, and embody them more fully.

We don't have to master them all at once. Life only offers us what we are ready for. But as we grow, each archetype reveals a different gift and a new layer of our deeper self. In the end, whether in this life or another, there comes a moment when they are no longer separate. They converge in the heart as powers we have integrated. This is the path towards full liberation: becoming whole, becoming one.

The gender of archetypes is symbolic. Although some names, such as the Mother or the King, may suggest a particular gender, the qualities they represent exist within all of us. A man can embody the nurturing depth of the Mother, and a woman can embody the fierce clarity of the Warrior. We have used gendered language in the following lists to help paint a clearer picture. However, when working with archetypes, feel free to adapt these descriptions to the situation at hand, as feels right for you.

The following twelve archetypes – three for each of the four natural elements – form a strong and diverse foundation for your magick, each touching on vital aspects of life. Together, they represent a rich balance of energies: active and receptive, light and shadow, internal and external, human and divine.

Each archetype is a flow of energy. You may encounter the Mother in the embrace of a lover, the Builder in the structure of a poem, or the Wild Heart in the agony of a broken heart. They are mirrors, not confining moulds.

Earth:

1. The Mother – creation, nurturing, embodiment
2. The Builder – structure, patience, craftsmanship
3. The Wild Heart – sensuality, freedom, primal life

Water:

4. The Lover – intimacy, union, devotion
5. The Healer – transformation of pain, compassion
6. The Fool – wonder, beginner's mind, sacred not-knowing

Fire:

7. The Warrior – protection, courage, boundaries
8. The Rebel – disruption, liberation, truth-telling
9. The Sun Child – joy, renewal, innocence

Air:

10. The Sage – wisdom, understanding, perspective
11. The Messenger – synchronicity, guidance, liminal presence

12. The Seer – intuition, prophecy, insight

1. The Mother – Nurturer, Provider



She knows how to hold you in her arms. Her power lies in her presence: a deep, steady knowing that life continues, no matter the season. She is the scent of rain touching dry earth, the hum of an old lullaby and the hands that plant with quiet hope. She offers rest without demand, and nourishment without condition.

Her LOVE is both fierce and gentle – warm like firelight, but strong enough to defend what matters. When danger comes, she stands firm and protects all she holds dear. Her approach is not loud, but it is unshakable. In her care, life flourishes.

Essence: She is the warm soil that nourishes the seed and the hands that feed unconditionally. Her LOVE is the steadfast determination to sustain life.

Symbols: Woven baskets, ripe fruit, the hearth.

Shadow sides: Giving too much until exhaustion. Identifying too deeply with caregiving roles and losing one's sense of self.

Known as: Gaia (Greek), Demeter (Greek), Frigg (Norse), Isis (Egyptian), Danu (Celtic).

Call upon her when:

- You need to nourish yourself or others, whether physically, mentally or spiritually.
- You seek stability and grounding during times of uncertainty.
- You want to manifest abundance – not wealth, but 'always enough'.

2. The Builder – Architect, Craftsman



His temples are built not from ambition, but devotion. Each stone is placed with LOVE and care, in honour of those who will gather there long after he is gone. He understands the importance of balance: a doorframe should be welcoming yet protective. His tools are an extension of his will; he shapes form from formlessness, respecting

the model and the mystery surrounding it. Walk beside him and you will learn to wait, to measure and to start again. Cathedrals take lifetimes, but each one starts with a single, decisive step. He builds not to own, but to serve, knowing that his work is a bridge to the future.

Essence: He shapes the world with steady hands and solid foundations. Every wall he builds is a prayer to shelter what is sacred.

Symbols: Hammer and chisel, blueprints, clay.

Shadow sides: Becoming rigid. Confusing structure with purpose, or tools with truth.

Known as: Ptah (Egyptian), Vishwakarma (Hindu), Wayland the Smith (Germanic), Hephaestus (Greek).

Call upon him when:

- You need to create or restore structure – be it a home, a routine or clear boundaries.
- You are committed to a long project that requires discipline and faith.
- You are rebuilding after loss, laying a new foundation with care.

3. The Wild Heart – Freedom, Instinct, Joy



He is the laughter echoing in the trees and the rhythm of bare feet on wet grass. He is the thrill of touch, the pulse of desire; the 'yes' that wells up inside when you stop holding back. His path is not paved – he dances where the trail ends and rules fade into instinct. With him, the body becomes sacred again; every shiver of pleasure is a prayer and every gasp of delight is a home-coming. He reminds you

that wildness and playfulness are not distractions or chaos, but soul work and trust in life's rhythm. Call on him when the world feels too small and you've forgotten how to ache with aliveness. He will lead you home through the wilderness. But be warned: his freedom is contagious. Once you have

experienced it, you may never be able to fit neatly into cages again.

Essence: He is the 'yes' that wells up inside when you stop holding back. His joy is a homecoming to your primal self, and in his freedom, you remember your own.

Symbols: Antlers, ivy, the winding path.

Shadow sides: Escaping from all structure and limits. Loss of self in sensation. Forgetting the balance between freedom and care.

Known as: Pan (Greek), Cernunnos (Celtic), Dionysus (Greek), Puck (English folklore), Freyr (Norse).

Call upon him when:

- You feel too tamed, numb or disconnected from your senses.
- You long for joy, sensuality and embodied pleasure.
- You are moving through a major change or ending and need help to surrender.

4. The Lover – Union, Devotion



She is the quiet space between heartbeats when hands first touch – not to possess, but to recognise. Her presence lives in the shared breath and the warmth of a gaze held just long enough to dispel fear. She teaches that true closeness requires presence rather than promi-

ses, and that LOVE is not the loss of self, but rather an ongoing union of two souls in trust. She opens hearts gently and without demand. Call upon her whenever you feel the longing for connection and closeness with others, or with your own inner self. She will remind you that receiving is sacred, too. But be gentle with her gifts: LOVE that clings too tightly strangles its own roots.

Essence: She is the tide that pulls two shores into one, the sigh that blurs the line between 'you' and 'I'.

Symbols: Twin cups, entwined vines, silver rings.

Shadow sides: Obsession. Losing boundaries in fusion.

Known as: Aphrodite (Greek), Freya (Norse), Radha and Krishna (Hindu), Hathor (Egyptian).

Call upon her when:

- You seek a deep connection with yourself, others or the divine.
- You long to soften barriers without losing yourself.
- You want to receive as freely as you give.

5. The Healer – Alchemist of Pain



Her hands are stained with the herbs she has used to treat every wound – including her own. She knows when silence heals more than words, and how to be with someone who is suffering until they begin to recover. She does not promise ease,

but transformation: not to erase pain, but to walk through it with presence and care. Walking with her allows you to learn that healing is not about fixing; it is about listening, tending, and allowing what hurts to become what teaches. The Healer will not turn away from your pain, but will ask you to sit with it, too.

Essence: Her presence is a safe space where suffering can transform into wisdom and wounds become places where light can enter.

Symbols: Moon-charged water, serpent staff, kintsugi pottery (cracked but mended).

Shadow sides: Taking on the role of saviour. Helping others to avoid facing herself.

Known as: Asclepius (Greek), Brigid (Celtic), Guan Yin (Buddhist), Eir (Norse).

Call upon her when:

- You want to transform pain, not avoid it.
- You are ready to sit with your own shadows.
- It's time to release what no longer serves your healing.

6. The Fool – Beginner's Mind



He carries no map, only trust. His strength lies not in knowing the way, but in taking a step forward anyway. He reminds you that wisdom often takes the form of curiosity and that beginnings are sacred not because they are flawless, but because they are honest. Calling upon him means loosening your grip and seeing the world again with unclouded eyes. Walking with him means trading certainty for wonder, kneeling before the altar

of 'I don't know' and finding it sacred. He will push you over edges, yes, but only because he knows you have flown before. Just don't mistake him for being careless. Every stumble holds a secret and even bruises are part of the process of becoming.

Essence: He steps into the unknown, trusting that the path will appear beneath his feet.

Symbols: Hollow bells, upside-down maps, a single floating feather.

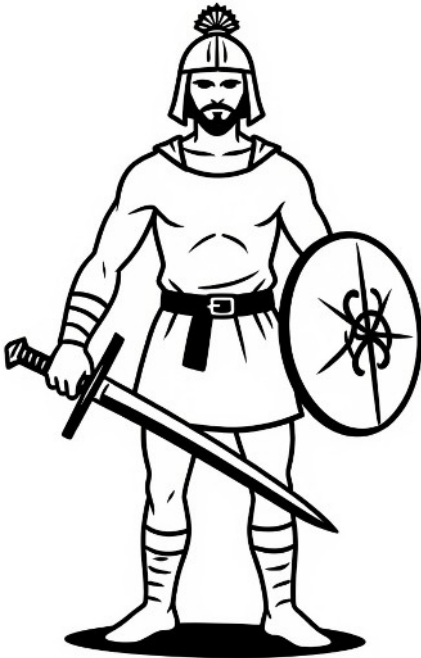
Shadow sides: Recklessness without curiosity. Naivety mistaken for freedom.

Known as: Enki (Sumerian), Parsifal (Arthurian), Nasreddin (folk traditions), The Fool (Tarot)

Call upon him when:

- Overthinking has replaced movement.
- Life demands a leap of faith.
- You have forgotten how to wonder.

7. The Warrior – Guardian, Protector



He is a steady flame, not a wild fire – the guardian of all he holds dear. His strength is not anger, but clarity: *This far and no further!* Calling upon him reminds you that your life, your values and your spirit are worth defending. He teaches that true power does not seek conflict, but holds the line with calm conviction. Yet he offers a quiet warning: not every battle is yours to fight. Choose wisely, or even the sharpest blade will become dull.

Essence: His sword is forged from the question: What is worth protecting?

Symbols: Sharpened blade, shield with personal sigils, red thread tied at the wrist.

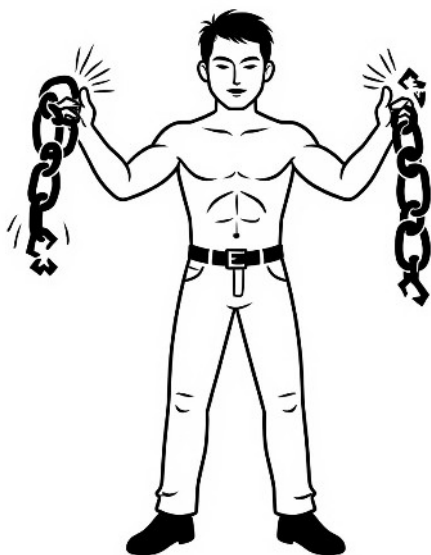
Shadow sides: Fighting without purpose. Waging war to avoid stillness.

Known as: Mars (Roman), Ares (Greek), Athena (Greek), Kartikeya (Hindu), Durga (Hindu).

Call upon him when:

- Courage is wavering but must not fail.
- Boundaries need fierce reinforcement.
- It's time to act, not just reflect.

8. The Rebel – Liberator, Initiator



He's the fire in your chest when rules make no sense and silence becomes betrayal. His power lies in the first 'no' that opens a locked door and in the truth that is spoken despite your shaking voice. Walking with him means trading suffocating order for liberating disruption – but only if you're willing to rebuild what you break. He does not offer comfort, only the

chance to live unshackled. The world may resist, but he reminds you that the rules were made by those who benefit from your obedience.

Essence: He carries the spark that questions the way things have always been done.

Symbols: Broken chains, inverted symbols.

Shadow sides: Tearing down without vision. Fighting just to fight.

Known as: Loki (Norse), Prometheus (Greek), Eris (Greek), Set (Egyptian).

Call upon him when:

- Systems, patterns or habits have become cages.
- Authenticity demands radical expression.
- It's time to disrupt what no longer serves you.

9. The Sun Child – Innocence, Renewal



She is walking barefoot on sun-warmed stone, picking the first strawberry of summer and laughing as she spins until the world blurs. Calling upon her reminds you that play is not a distraction, but a sacred pulse that keeps the soul awake. She hands you a dandelion clock and whispers, "Time only

grows heavy when you forget to blow wishes into the wind." But don't mistake her lightness for shallowness – joy this pure is not easily won. It rises from earth that has known many winters yet still chooses to bloom.

Essence: Her innocent laughter turns winter into spring.

Symbols: Golden discs, dandelion clocks, unfurling fern fronds.

Shadow sides: Naivety. Rejecting necessary truths, shadows or depth.

Known as: Apollo (Greek), Baldur (Norse), Horus (Egyptian), Lugh (Celtic).

Call upon her when:

- Joy has become a stranger.
- You need a blessing for a new beginning.
- Creativity feels stiff, forced or overthought.

10. The Sage – Wisdom-Keeper



He is the elder who listens more than he speaks and has made peace with not knowing everything. His wisdom comes from experience, not just study – from living, making mistakes and observing. He doesn't offer quick answers, but better questions. He sees the bigger picture, recognises the patterns

beneath events and knows when silence speaks louder than words. To walk with him is to learn that knowledge, if clung to, becomes weight. He teaches you to hold ideas like birds – lightly, allowing them to stay or fly. But beware of his shadow: a tower of thought that is too high can lose touch with the ground. Truth must be lived, not just learned.

Essence: His library has no walls – every breath carries another page of a book with it.

Symbols: Owl feathers, unlit candles, empty scrolls.

Shadow sides: Disconnection. Intellect without heart or application.

Known as: Thoth (Egyptian), Odin (Norse), Sophia (Gnostic), Saraswati (Hindu).

Call upon him when:

- You seek wisdom beyond learned facts.
- Silence speaks more clearly than words.
- A choice requires depth, not just logic.

11. The Messenger – Bridge Between Worlds



He moves between realms with ease, carrying words, signs, and omens from one to the other. His gifts manifest as chance encounters or songs that repeat until we finally pay attention. In myth and tradition, he connects the mortal and the divine, the conscious and the unconscious. Calling upon him opens the door to guidance in strange forms – not always gentle, but always precise. Walking with him means surrendering the illusion of control.

His messages land where they are most needed. He offers alignment – though his presence may feel disruptive until the

meaning becomes clear. What you avoid may be exactly what your soul needs.

Essence: He tells you what you need to hear, not what you want to hear.

Symbols: Winged sandals, wand of Hermes, crossroads, feathers caught in wind.

Shadow sides: Trickery, misdirection, manipulation of truth

Known as: Hermes (Greek), Iris (Greek), Garuda (Hindu-Buddhist), Mercury (Roman), Odin as the Wanderer (Norse)

Call upon him when:

- You want to open yourself to more signs or synchronicities.
- A message must be delivered clearly or bravely.
- You're stuck between choices.

12. The Seer – Oracle, Dreamwalker



She moves through the world like moonlight; darkness parts for her. The future she sees is already stirring inside you. To call upon her is to let go of the need for certainty and listen to the wisdom already waiting. She won't provide clear paths or easy answers, but she will mirror what your soul already knows. Yet

take care: not every ripple is a prophecy. Some are only the wind – or your own fears shifting the surface.

Essence: She walks along the edge of the lake, where dreams come to life. Her gift is not to tell the future, but to reflect the truth already within.

Symbols: Obsidian mirrors, blindfold, still water under moonlight.

Shadow sides: Mistaking fear for prophecy. Reading signs where none were given.

Known as: Cassandra (Greek), Tiresias (Greek), the Morrigan (Celtic), Pythia (Delphic Oracle).

Call upon her when:

- Truth feels buried beneath confusion.
- Dreams, symbols, or synchronicities call for interpretation.
- You seek clarity through surrender, not control.

Additional Human Archetypes

There are many more archetypes that you can tune into and work with in your magick – and each one carries its own unique gifts. Some may resonate with specific roles, stages of life, or inner powers that may call to you at different times. When the time is right, they can become powerful companions.

Feel free to explore any of them in more depth. If one archetype stirs something in you, that's often a sign that it could be valuable for your journey or cause. Magick is not rigid. It flows, shifts, and expands – just like you.

The High Priestess – Embodiment of Unconditional Love. She is a radiant channel of divine LOVE and light, with the

extraordinary power to heal emotional wounds and awaken heart centres through gentle touch and conscious presence. She combines intuitive wisdom with transformative energy, and guides souls towards inner balance, self-discovery, and higher frequencies of bliss and unity.

You can read more about this archetype in: *High Priestess of Sanuela* and *Ayana, My Light and My Love*.

The Father – Structure, Protection. He provides safety through his presence and reliability. He is strong in his ability to hold space for growth, guiding with both firmness and faith.

The Innocent – Purity, Becoming. She lives on the cusp of transformation, radiating promise and openness. Her power lies in her untamed potential – the beauty of not yet knowing who she will become.

The Artist – Innovation, Expression. She sees what others overlook and gives it form. Her touch transforms emotion into creation, and chaos into beauty.

The Hermit – Seclusion, Inner Wisdom. He retreats not to escape the world, but to discover the truths that only silence can reveal. His gift is deep insight, born of solitude and stillness.

The Ruler – Order, Sovereignty. He governs with a clear vision and unshakable authority. His power lies in creating order and structure where others see only chaos.

The Hero – Courage, Mastery. He walks into fire not to burn, but to be forged anew. His gift is the will to rise through challenges and become greater than he was before.

The Magician – Power, Transformation. He is fluent in the languages of energy and intention. His gift is alchemy, turning potential into reality through focused will.

The Trickster – Disruption, Cleverness. He shatters illusions with a grin, bending the rules just enough to reveal deeper truths. His gift is purposeful chaos with purpose, playful mischief that loosens what's too tight.

The Sacred Prostitute – Sensual Embodiment. She teaches that the body is a temple and pleasure a path to wholeness. Her gift is to dissolve shame and restore LOVE through sacred intimacy.

The Clown – Joy, Truth through Play. He presents wisdom in the guise of laughter and delivers truth through absurdity. His magic lies in disarming guarded hearts with humour and light.

The Shadow – Unconscious, Hidden Power. It holds all that is denied, repressed, or rejected. Its power is in integration. Once faced, its power lies in integration and it becomes the deepest source of strength.

The Hunter – Focus, Instinct. He moves with purpose, noticing what others miss. His gift is clarity of aim, knowing what to pursue and when to let go.

The Creator – Imagination, Manifestation. She brings the unseen into form, crafting beauty from vision. Her gift is turning inspiration into reality, shaping worlds with her hands and heart.

The Prince – Potential, Ambition. He stands between youth and rule, driven by the desire to prove his worth. His power lies in his potential: a fire waiting for direction.

The Companion – Loyalty, Presence. They walk beside you, providing stability in chaos. Their strength is unwavering support: a soul who says "I'm here" and means it.

The Knight – Service, Honour. He pledges himself to a cause beyond ego. His power is disciplined devotion – courage guided by conscience, even in the face of fear.

The Shape-Shifter – Adaptability, Mystery. They slip through categories, moving between roles and faces. Their gift is transformation: showing you that truth can wear many masks.

The Mediator – Harmony, Balance. She stands in the in-between, weaving connections where there were divisions. Her power lies in her ability to listen deeply and find the thread that unites all sides.

The Alchemist – Transformation, Integration. He transforms wounds into wisdom, and lead into gold. His gift is to inspire deep inner change, blending polarities to create something whole.

The Angel – Grace, Guidance. She brings calm in times of crisis, providing an uplifting presence without words. Her power lies in divine service – showing up with LOVE when it's needed most.

The King and the Queen

The King rules with vision and responsibility. At his best, he holds order, guiding from a place of service rather than control. His power is constructive – intended to protect, provide, and establish a legacy. His shadow appears when he clings to the throne or fears being questioned.

The Queen leads from the centre, not the top. Her strength lies in deep intuition, inclusive decision-making, and the ability to bring many voices together in harmony. She knows when to hold on and when to let go, when to nurture and when to demand. Her shadow emerges when she becomes consumed by duty or disconnected from her own needs.

These two sovereign archetypes are woven from threads of many other archetypes, such as the strength of the Warrior, the clarity of the Sage, the devotion of the Lover, the care of the Healer, and the vision of the Seer. Sitting on the inner

throne means embodying the harmony of these many inner voices.

Their crowning marks a turning point in the journey of becoming. It is an energetic event – a flowering of the crown chakra, where divine presence and earthly wisdom meet. In this moment, they no longer seek power, but instead become a vessel for it through alignment. What rises within them is not forced; it flows. They may speak and less, yet their words shape outcomes and their presence transforms the space around them.

Not everyone walks the same path, but for many, the King and the Queen emerge in the final stages of transformation – just before full liberation, when the self has been formed, put to test, and surrendered. They are not energies for beginners. They are a mature synthesis, a sign that the soul has remembered its centre. From this point onwards, a human can rule – not over others, but over oneself. And that is the deepest magick of all.

Animal Archetypes

Across cultures and traditions, animals have been honoured as messengers, protectors, guides and reflections of our deepest instincts. Each animal carries a unique blend of behaviour, symbolism and energetic presence that speaks to something within us. Working with animal archetypes awakens forgotten aspects of our own nature, such as the courage of the lion, the patience of the turtle or the silent vision of the owl.

Unlike human archetypes, which often reflect roles or phases of personal development, animal archetypes bypass thought and speak directly to the soul. Their power lies in embodiment, not action. They remind us that wisdom is not necessarily intellectual and that instinct, rhythm, and raw presence can reveal deeper truths.

What follows is a suggested list of animal archetypes, each with a short description, to help you get started. You are encouraged to use these as starting points, rather than fixed definitions. Pay attention to which animals appear in your dreams, during meditation, in moments of synchronicity, or in your inner longings. You may find that some of your personal guides are not on this list at all, or that you perceive their qualities differently. That is perfectly fine. The world of animal companions is vast and varied – let your intuition guide you!

To help readers form a better personal connection with the archetypes in this book, some are referred to as *he* or *she*. These choices are symbolic, not literal; they reflect the tone, energy or mythical presence of the being, and are offered as one possible way of relating to them. In German, animals and plants are naturally assigned a grammatical gender. This may seem strange to English speakers at first. Other languages have different conventions, so it is often simply a matter of habit. However, you can imagine the archetypes however you like and decide whether they are male or female. This gives them a certain character or personality that speaks directly to your own inner world.

Wolf – Instinct, pack bond, pathfinding. The wolf is a powerful symbol of instinct and loyalty. He represents the deep bonds within the pack and the freedom of the wild spirit. He teaches you to navigate challenges with intuition and teamwork. The wolf's energy encourages you to trust your instincts while honouring the strength of community.

Serpent – Transformation, healing, primal wisdom. The serpent embodies transformation and the continual cycles of life, death and rebirth. She possesses profound healing powers and is connected to feminine energy and wisdom. As a symbol, she encourages you to shed your old self and awaken the dormant forces within you to facilitate renewal and growth.

Owl – Insight, night vision, hidden knowledge. The owl is the guardian of night-time wisdom, offering insight beyond what is obvious. Seeing through illusions, she guides you in times of uncertainty with quiet knowledge. Her presence encourages reflection, patience and the courage to confront hidden truths.

Bear – Strength, introspection, protective power. The bear stands for strength, introspection, and grounded endurance. She represents the protective power of motherhood and the ability to retreat and rest deeply before emerging

regenerated. The bear teaches you to balance fierce courage with calm self-care and reflection.

Gnome – Grounding, hidden treasures, earthy wisdom. The gnome is a guardian of the earthly realm, deeply connected to the secrets of soil, stone, and root. He teaches you how to find stability, practical solutions, and hidden resources right beneath your feet. His energy encourages patience, careful tending, and the magick of creating things in the physical world. While typically a steadfast helper, he can play clever tricks or hide things to remind you not to take life, or yourself, too seriously. Calling on the gnome helps you build solid foundations, protect your resources, and discover the sacred in the mundane.

Deer – Gentleness, awareness, heart-guided movement. The deer embodies gentleness, alertness and quiet strength. She moves gracefully under pressure and teaches you to remain open-hearted, even in times of fear or conflict. The deer reminds you that sensitivity is not a sign of weakness, but rather a refined form of awareness and inner peace.

Lion – Sovereignty, courage, heart-centred leadership. The lion symbolises courage, sovereignty and heart-centred leadership. His presence inspires bold action and the power of calm authority, rather than force. The lion encourages you to lead with integrity, protect what is important to you, and trust the fire in your heart.

Horse – Freedom, stamina, spirit journeying. The horse symbolises freedom and endurance, as well as the ability to travel between worlds. She combines grounded strength with a wild desire to transcend physical and spiritual limits. Horses teach you about trust, momentum, and the deep rhythms that carry you through transformations.

Crow – Messenger, shape-shifter, boundary walker. The crow is a boundary-crosser and a messenger who keeps magical secrets. Thriving at the intersection of the known and the

unknown, he can guide you through transitions and mysteries. With a hint of trickster energy, the crow invites you to recognise patterns, shatter illusions and speak clearly and truthfully.

Dolphin – Joy, communication, emotional intelligence. The dolphin embodies joy and emotional intelligence, as well as the deep connection between breath and spirit. She teaches you about the healing power of play and presence, and demonstrates how communication can be both intuitive and transformative. The dolphin reminds you that lightness and laughter are medicines.

Fairy – Enchantment, subtlety, natural joy. The fairy works with the delicate, unseen forces of nature, weaving magick through play, beauty, and fun. She teaches you to perceive the world with wonder, to find joy in small things, and to trust in the power of subtle intention. Her presence brings lightness, encourages creativity, and helps you connect with the spirit of plants and your surroundings. Working with the fairy reminds you that not all power is loud – sometimes the gentlest touch is the most transformative.

Phoenix – Death and rebirth, transmutation, soul renewal. The phoenix is able to rise through the fire. She teaches you the art of dying well – of letting go completely so that life can return in a purer, more aligned form. Working with the phoenix means embracing cycles of collapse and rebirth, knowing that the truth will always rise again in a purer form.

Ant – Discipline, teamwork, strategic strength. The ant embodies community intelligence and a patience that can move mountains. Her strength lies not in force, but in coordination. She shows you how to create lasting structures, one grain at a time. Invoking the ant awakens endurance, humility and long-range vision.

Butterfly – Metamorphosis, soul journey, beauty through change. The butterfly symbolises the soul's journey of trans-

formation, beauty and rebirth. Although she moves lightly through the world, she carries the weight of great change: metamorphosis through surrender. This archetype encourages you to embrace transitions, trust in timing and honour the fragile strength of becoming.

Elephant – Ancestral wisdom, endurance, memory. The elephant stands for ancestral memory, endurance and deep devotion. He moves with slow, grounded power, guided by emotional depth and protective wisdom. The elephant can remind you of the importance of community, long-term responsibility and the strength that comes with remembrance.

Mouse – Attention to detail, humility, hidden strength. The mouse sees what others miss. Though small in stature, she embodies the virtues of close observation, resourcefulness and careful navigation of the world. Invoking the mouse spirit brings humility, patience and the ability to recognise what truly matters in the smallest of things.

Fox – Cleverness, adaptability, trickster charm. The fox brings intelligence, adaptability and shapeshifting charm. Navigating liminal spaces with humour and cleverness, he teaches you how to blend in, see through confusion, and find joy in the unexpected. The fox can remind you that wit, playfulness, and cunning are useful tools too.

Camel – Endurance, resourcefulness, inner reservoirs. The camel carries precious supplies through the harshest landscapes. He teaches you to trust in your inner reserves of wisdom, resilience and nourishment, even when the world offers none. Walking with the camel reminds you that true survival often involves finding grace under silent pressure.

Unicorn – Purity, imagination, innocence. The unicorn inhabits a world where wildness and wonder still coexist. She reminds you that your heart's vision is an aspect of truth and that innate magic eludes logic. Calling on the unicorn is a way of

honouring beauty, mystery and those parts of yourself that remain untouched by scepticism.

Swan – Inner beauty, soulful grace, transition. The swan embodies inner beauty, soul depth and a graceful transition. As she glides between light and shadow, water and air, she teaches how to move elegantly through emotional transformation. The swan reminds you that gentleness can be powerful.

Bee – Devotion, collaboration, sweet results. The bee works in quiet harmony with the whole, teaching you that purpose is sweeter when shared. She embodies devotion to the task at hand, alignment with rhythm and season, and the balance of giving and receiving. Calling on the bee honours the small, repeated actions that lead to golden outcomes.

Dragon – Primordial power, elemental mastery, wise protector. The dragon is a deeply conscious guardian of knowledge. Often combining elemental power (fire, water, earth or air) with watchful awareness, it provides fierce protection and inner guidance. It dares you to confront your deepest fears, awakening your sense of sovereignty, courage, and the quiet strength that comes from knowing your true place. Beneath its exterior lies a friendly nature and a noble spirit that responds to respect, not fear.

Hawk – Clarity, perspective, swift action. The hawk represents the ability to make swift decisions from a higher perspective. With his sharp focus and strong will, the hawk teaches you to act with purpose when the time is right. The hawk encourages you to rise above distractions and act with clarity and purpose.

Lizard – Dreaming, regeneration, subtle perception. The lizard lives close to the earth, and even closer to the dream world. He teaches you how to navigate between dimensions and how to relax while remaining fully alert. His gift is

regeneration, of body, energy and imagination, and he reminds you to shed the old without fear.

Panther (or Black Jaguar) – Shadow navigation, feminine power, silent strength. The panther embodies fierce protection, mystery and lunar power. As a guardian of the unseen, she navigates the boundaries between fear and courage, helping you to rediscover your hidden strength. The panther teaches you to move silently, to act when necessary, and to trust the night.

Rabbit – Sensitivity, fertility, alertness. The rabbit teaches you to navigate life with soft-footed awareness. Often underestimated, her magic lies in her ability to sense changes before they happen. Through gentleness, it creates abundance, and through trust in intuition, it survives. Walking with the rabbit means honouring vulnerability and the power of a quiet presence.

Turtle – Ancient wisdom, patience, steady progress. The turtle embodies patience, grounding and ancient wisdom. By carrying her home with her, she reminds you that safety lies in presence rather than speed. As a being that moves between land and water, the turtle connects the physical and emotional worlds with steady grace.

Griffin – Synthesis, balance, nobility. A mixture of lion and eagle, the griffin combines the strength of the earth with the clarity of the sky. He guards treasures, provides keen perception and embodies nobility without arrogance. Walking with the griffin means standing between worlds with honour, uniting power and wisdom for the greater good.

Rooster – Awakening, courage, timing. The rooster calls the sun, announcing the start of each new day with a confident and unapologetic voice. He reminds you to rise, speak and act when the time is right. His power lies in boldness rooted in rhythm, awakening others through clarity of purpose.

Eagle – Sovereignty, spiritual vision, divine authority. The eagle soars far above the ordinary, seeing the big picture while spotting even the slightest movement below. He embodies clarity of purpose, humble leadership, and the courage to transcend personal attachments in pursuit of truth. Working with the eagle means aligning with the higher laws of spirit and destiny.

Tiger – Focused will, personal sovereignty, sensual power. The tiger has a commanding presence and knows when to act and when to wait. He embodies the balance between rest and explosive action, teaching you to harmonise your wild and disciplined self. Tigers walk alone, but they never get lost because they trust the rhythm of their own heartbeat.

Plant Archetypes

The archetypes of plants teach us through their presence, their roots, and the silent alchemy of their growth. While animals often mirror our instincts and emotions, plants offer lessons in cycles, patience, healing and subtle power. Each plant has its own unique energetic signature, and tuning into it can awaken forgotten inner qualities or support specific magickal intentions.

You may find that you resonate with the protective properties of nettle, the clarifying qualities of rosemary, or the gentle resilience of dandelion. The following are just a few suggestions – trust your instincts and follow your intuition. Sometimes, the plant growing outside your window is exactly what you need.

Oak – Strength, endurance, protection. As guardian of ancient power, the oak tree stands deeply rooted and steadfast through the storms of time. She teaches us grounded strength that is not loud or flashy, but enduring and reliable. Calling on the oak reminds you of your inner resilience and encourages you to become a protector of what truly matters.

Willow – Grief, flexibility, feminine flow. The willow bends without breaking, dancing with the winds of emotion and change. She teaches the strength found in softness, in

grieving fully, and in flowing with life's tides. Under her shade, tears are honoured as sacred waters that create space for healing.

Birch – New beginnings, purification, resilience. The birch is often the first to return after devastation, carrying the spirit of fresh starts and inner renewal. Her white bark reflects clarity and cleansing, making her a gentle guide through transformation. She reminds you that resilience isn't about force, but about beginning again.

Pine – Vitality, clarity, evergreen spirit. The pine thrives through all seasons, a symbol of lasting life and inner clarity. Her scent sharpens the mind, clears stagnant energies, and brings breath to tired spaces. Pine holds the spirit of rejuvenation: she is strong, fresh and always reaching upwards.

Apple Tree – Knowledge, temptation, healing. The apple tree stands at the threshold between innocence and awakening, offering both sweetness and the weight of choice. His fruits carry ancient wisdom – a reminder that healing and knowledge often come at a price. He invites you to savor life deeply with reverence and courage.

Beech – Wisdom, order, gentle authority. The beech is a tree of quiet strength and accumulated knowledge. Often associated with ancient teachings and the written word, she brings calm clarity and structured thinking. The beech offers a maternal sense of stability, encouraging you to bring order to your inner life.

Maple – Balance, generosity, golden transition. The maple offers sweetness and beauty, especially in times of change. He teaches you to share from the heart and to embrace each season of life with grace. The maple's energy helps you stay grounded while moving gently through transitions.

Chestnut – Protection, nourishment, grounded wisdom. The chestnut is a nurturing presence, providing both shelter and nourishment. With strong roots and a wide, open canopy, she reminds you of the strength found in care and community. The chestnut encourages you to root deeply, protect what matters, and give generously when the time is right.

Rose – LOVE, beauty, sacred heart. The rose embodies the sacred heart – fierce yet soft. She teaches you that true beauty includes vulnerability, and that LOVE often comes with thorns to protect what is precious. Her fragrance and form awaken devotion, sensuality and a deep sense of presence.

Lavender – Peace, rest, subtle power. Lavender calms the mind and soul, providing deep rest and restoration. She reminds you that power can be gentle, and that healing often begins in quietness. Her essence soothes emotional wounds and opens the space for clarity and ease.

Mugwort – Dreams, psychic sight, feminine magic. Mugwort is the herb of moonlight and mystery, guiding you through dreams and hidden realms. She opens intuitive pathways, awakens the inner witch, and supports journeys between the seen and unseen. Mugwort's energy encourages you to trust your visions and embrace your feminine intuition.

Nettle – Hidden strength, boundaries, healing fire. Although nettles sting at first, they provide potent medicine. She teaches you the importance of setting boundaries and the kind of healing that energises rather than calms. Nettle shows you how to stand your ground with dignity and passion, being fiercely protective and vibrantly alive.

Dandelion – Resilience, wishes, childlike joy. Dandelion grows where others cannot, transforming challenges into golden brightness. He teaches you to rise, to hope, and to trust in the magical beauty of the little things in life. With roots deep in the earth and seeds flying free, the dandelion embodies the

connection between grounded resilience and open-hearted joy.

Sage – Cleansing, wisdom, clarity. Sage purifies and clarifies, cutting through confusion and emotional clutter. He carries the wisdom of the elders and the clear vision of truth. When called upon, sage clears the path ahead, offering guidance that is direct, clean, and centred in spiritual integrity.

Mandrake – Deep magic, rooted power, enchantment. A being of deep earth magick and hidden potency, Mandrake is rooted in ancient mythology. He connects the physical body to the underworld, drawing power from roots and shadows. His presence awakens enchantment, primal wisdom, and the courage to work with invisible forces.

Chamomile – Calm, sweetness, gentle resolve. Chamomile carries a quiet strength wrapped in softness. She soothes the nervous system, encourages rest, and shows you that sweetness is not weakness. Chamomile reminds you to approach life with gentle persistence and to respond to tension with lightness and grace.

Sunflower – Joy, truth, radiant self. The sunflower stands tall and always turns toward the light. She radiates joy, self-assurance, and unwavering clarity. With her roots in the earth and her head in the sky, the sunflower reminds you to embody your truth without apology and to share your inner light boldly.

Lotus – Spiritual awakening, purity, rising from shadow. The lotus blooms from the depths of muddy waters, remaining untouched by the dirt around her. She is a symbol of spiritual rebirth, grace, and the quiet triumph of light over darkness. Lotus invites you to rise from your own shadows and unfold into the fullness of being.

Clover – Luck, humble magic, earthy abundance. Clover is a quiet bringer of blessings. He grows low to the ground yet

carries rich symbolism of luck, balance and natural abundance. With his trifoliate shape and gentle energy, clover reminds you that good fortune often grows in overlooked places.

Daisy – Innocence, simplicity, joyful presence. Daisy shines with childlike clarity and pure presence. She brings uncomplicated joy, reminding us to stay open-hearted and curious. Daisy teaches that softness can be strong, and that the simplest things often hold the deepest truths.

Archetypes & Elements

While an archetype represents a pure quality of being, the five classical elements can provide texture, direction and mode of expression for that quality. Combining them allows us to move from a general concept to a specific, nuanced energy that we can consciously invite into our space. Imagine the archetype is a character in a play and the element is the stage setting, lighting and mood, all of which can completely change how the character delivers their lines. Combining them enables a more precise manifestation.

Some examples of combined energies:

The Rebel + Water: This combination creates Compassionate Revolutionaries. Their rebellion flows from a deep well of empathy and vulnerability. They disrupt stagnant systems to heal emotional wounds and liberate hearts, often using art, poetry or honest self-expression. They are strongest when they feel deeply and fight for the vulnerable.

The Builder + Fire: this combination creates Visionary Architects. They work with passionate intensity and inspired action, driven to create structures swiftly, forging new paradigms with determination and creativity. They build their cathedrals not only from stone, but also with innovative flashes of inspiration.

The Mother + Air: This blend creates Wisdom Keepers. They express their nurturing nature through teaching, storytelling and communicating deep truths with clarity and compassion. They create a safe space with their mindful presence and soothing, inspiring words that nourish the mind and spirit of their 'children'.

The Lion + Air: This creates Strategic Leaders. These lions lead with heart and have immense clarity in their vision and communication. Seeing the entire savannah from a higher perspective, they make wise decisions for the tribe and roar with a truth that cuts through confusion and inspires action.

The Rose + Fire creates passionate devotion. Instead of gentle, soft LOVE, it is a fierce, transformative and purifying LOVE. She burns away all that is false and defends the heart's deepest truths with her thorns, intoxicating with her bold beauty.

Experimenting with these combinations allows you to customise your magickal work with exquisite precision, enabling you to call upon the exact energy required for your intention. Feel free to also add flavouring elements to planets, saints, cards, crystals, or any other energies you wish to work with.

Ascended Masters, Archangels and Saints

For those who feel a resonance, saints, ascended masters and archangels provide profound and compassionate support in the practice of magick. Having achieved enlightenment or Christ-consciousness, often through human experience, these beings now serve as guides and helpers for humanity from a higher vibrational plane. Working with them is not about worship or begging, but about aligning your intentions respectfully with their specific frequency of divine service.

These beings are best understood as embodiments of divine qualities. They often specialise in particular aspects of spiritual energies, such as healing, protection, wisdom, compassion or justice. When you call upon them, you are not asking an external deity to grant a wish. Instead, you are consciously aligning your own energy with their perfected vibration, much like tuning a musical instrument to a specific note. This alignment enables their qualities to flow through you and into your ritual, amplifying your focused intention with their strength and boundless compassion.

In the third step of the nine-step manifestation ritual (*Gathering Your Magickal Companions*), you might feel drawn

to invite one of these beings into your ritual space. This is done through heartfelt invocation, simply stating your desire for their supportive presence. For example, you could say, "I invite the loving consciousness of [Name] to join me in this ritual, so that [quality] supports the highest collective good." Their presence often manifests as a felt sense of peace, a sudden clarity, or a warm, expansive energy in the heart.

As with any companion who guides and supports your magical practice, ensure that you not only take, but also give. You could even ask your helpful partners what they wish for from you. Perhaps you will receive an intuitive answer from your heart. Thank them for their support after you have worked with them.

Remember that these beings act according to divine will, always for the highest good of all. Their role is to empower, protect and illuminate your path, helping you to become a clear vessel through which harmonious change can occur. They act as mirrors, reflecting your soul's divine potential back to you.

The best approach is to come with an open heart and pure intentions. This relationship is a personal communion and a union of consciousnesses. It is dedicated to bringing more light, LOVE and healing into the world through your conscious practice. For those who wish to work with specific energies, the following beings are some selected cherished companions from different traditions. Remember that they are reflections of the divine qualities within you. Feel free to do further research. Trust your intuition if you feel drawn to someone.

Ascended Masters

Beings who achieved christ consciousness through human experience and now guide others on the path.

Jesus Christ: The Embodiment of Unconditional Love. His energy is one of profound compassion, forgiveness, and sacrificial LOVE. He teaches the power of the heart, resurrection (transformation), and recognising the Light of Christ within every being.

Mary Magdalene: The Alchemist of Love. She embodies redeemed feminine power, teaching that deep, heartfelt emotions and sacred sensuality are direct pathways to the divine. She transforms wounds of shame into unshakable spiritual authority, and celebrates the power of feminine Christ consciousness.

Mother Mary: The Divine Mother. She embodies pure, nurturing, unconditional maternal LOVE, comfort, and grace. She offers solace in times of grief, protection for children, and helps to heal the wounds of the heart with gentle compassion.

Paramhansa Yogananda: The Bridge Between Worlds. The author of *Autobiography of a Yogi* who wove the ancient wisdom of the East into the scientific framework of the West. Call upon him for support with self-realisation and meditation, or to gain a better understanding of the cosmic laws that govern our reality.

Mahavatar Babaji: The Immortal Yogi-Christ. He represents the pinnacle of spiritual mastery, divine grace, and the promise of liberation in this lifetime. His presence signifies a direct download of transformative energy for those ready to accelerate their spiritual evolution.

Buddha (Siddhartha Gautama): The Awakened One. He embodies the state of perfect enlightenment, compassion, and peace that exists beyond all suffering. He is the master of the Middle Way, teaching the liberation that comes from mindful presence, detachment, and the cessation of desire. Call upon his energy for profound inner peace, clarity of mind, and to see the true nature of reality.

Krishna: The Divine Guide and Lover. The embodiment of divine joy, LOVE, and playful wisdom. His energy teaches righteous action (dharma) performed with LOVE and without attachment to the fruits of labor. Invite him for guidance through life's moral dilemmas and to infuse your path with bliss and devotion (bhakti).

Saint Germain: The Alchemist. The master of the violet flame of transmutation, which transforms lower vibrational energy (fear, karma, limitation) into light and freedom. He supports alchemical change, spiritual freedom, and the manifestation of the Golden Age.

Archangels

Celestial messengers of immense power and light, who oversee vast cosmic functions.

Archangel Michael: The Protector. He carries a sword of blue flame that cuts through fear and illusion, freeing you from psychic bonds and negative influences. Call upon him for courage, protection, and the strength to set clear, fiery boundaries.

Archangel Raphael: The Healer. His emerald green energy brings profound physical, emotional, and spiritual healing. He guides healers, supports those in caring professions, and brings comfort and restoration to all in need.

Archangel Gabriel: The Messenger. The divine trumpeter who brings clarity and announcements of new beginnings. Gabriel supports writers, teachers, and messengers, helping to communicate truth with compassion and strength.

Archangel Uriel: The Illuminator. He holds a lantern that lights the way through darkness and confusion, offering wisdom, creative solutions, and divine insight during challenging times.

Archangel Chamuel: The Beacon of Compassionate Love. He helps you find what is sought, whether it is a lost item, a new relationship, inner peace, or the LOVE within your own heart. His pink light mends disagreements and strengthens connections through understanding.

Archangel Jophiel: The Patron of Beauty and Illumination. She helps beautify thoughts and environments, transforming clutter into order and negativity into light. Invite her to open your eyes to the beauty around you and to bring inspiration to creative projects.

Archangel Zadkiel: The Angel of Benevolence and Memory. He holds the violet light of mercy and forgiveness, assisting in transmuting painful memories and releasing resentment. Call upon him to foster a compassionate perspective and to enhance spiritual study and retention.

Archangel Haniel: The Embodiment of Lunar Grace. She connects you to the rhythms and intuition of the moon cycles, enhancing clairvoyance and spiritual grace. She brings elegance and harmony to emotional experiences and relationships.

Saints

Souls recognized for their wholeness and their exceptional virtue and service, often specialising in specific areas of life.

Saint Francis of Assisi: The Patron of Animals and Nature. He embodies a heartfelt kinship with all living beings, simplicity, joyful service, and deep reverence for Gaia and all her beings.

Saint Therese of Lisieux (The Little Flower): The Patron of Small Things. She teaches that small, everyday acts performed with great LOVE are the highest form of sanctity. She helps find the sacred in the mundane and brings humility and sweetness to your path.

Saint Jude: The Patron of Hopeless Causes. The companion for when situations seem impossible. He brings hope, intervention, and miraculous solutions when all other doors appear closed, supporting unwavering faith in desperate times.

Saint Anthony: The Finder of Lost Things. Beyond locating physical objects, he helps recover lost hope, lost joy, lost passion, and lost connection to the divine. He helps restore what has been forgotten or misplaced on your path.

Saint Christopher: The Patron of Travelers and Safe Passage. Traditionally invoked for physical journeys, his energy also protects and guides you through any form of transition or life change, ensuring safe passage through challenging terrain.

Saint Dymphna: The Patron of Mental and Emotional Well-being. She offers solace, peace, and comfort to those suffering from anxiety, stress, mental turmoil, and emotional trauma. She is a beacon of calm and stability for the mind and nerves.

Saint Joseph: The Patron of Fathers, Workers, and Home. The embodiment of steadfastness, diligence, and silent strength. He assists in providing for a family, finding employment, protecting the home, and bringing practical, structural stability to any project or endeavor.

Planets and Stars

When we recognise Gaia as a goddess, a living, loving and highly evolved consciousness, the question arises: what about the other celestial beings that grace our night sky?

Just because a planet may not have an ecosystem like Earth's does not mean that it is devoid of consciousness, spirit, influence or life in a different form. A planet or star is more than just a ball of rock or gas. As our ancestors knew very well, each of them is a superconscious being – an ancient, vast intelligence whose existence and purpose far surpasses human understanding. Viewing the cosmos through the lens of magick reveals a vast, interconnected family of intelligent gods and goddesses.

Unlike us today, our ancestors were far closer to the rhythms of the natural world and understood them instinctively. They did not worship the planets and stars out of superstition, but honoured them as powerful gods and goddesses who help to shape destiny and influence our lives on Earth.

In shamanic and tribal traditions worldwide, the planets and stars are often regarded as spirit guides, ancestors and living teachers. The Sun is often considered to be a father figure or a chief deity, while the stars are seen as powerful wandering spirits.

In Vedic Astrology, the planets are referred to as 'Grahas', which translates as 'influencers'. This acknowledges their conscious force in shaping human life.

Perhaps the most well-known examples are the Greek and Roman pantheons, where the planets were literally the gods: the fiery energy of Ares resonated in the red glow of Mars; the boundless LOVE and beauty of Aphrodite shimmered within Venus; and the swift intelligence of Hermes animated Mercury.

Working with planetary energies in magick means entering into a conscious relationship with these celestial deities. By doing so, we are respectfully aligning our personal energy with the specific frequency of a vast, intelligent consciousness, inviting the beauty of Venus, the wisdom of Jupiter or the transformative power of Pluto to support our growth and intentions. It is a loving collaboration between the microcosm (us) and the macrocosm (the celestial being) and a reminder of our part within a living, breathing and deeply intelligent universe.

Just like saints, planets do not give you energy from outside. Worshiping them will not help you grow. They are mirrors and amplifiers of qualities already inside you. Aligning with them helps you to activate, embody, and direct these qualities consciously.

Let's explore the unique wisdom that each planet offers, the areas of our lives that they influence, and how we can draw on these energies to support us in our daily lives.

Gaia (Earth)

Core qualities: embodiment, nurturing, stability, grounding, fertility, cycles, belonging, sacred sensuality.

Practical use examples:

- deepen your connection to the physical body and the natural world,
- ground spiritual insights into tangible reality,
- cultivate patience, stability, and resilience,
- manifest abundance and nurture projects to fruition,
- heal through sensory presence and sensual embodiment,
- strengthen community bonds and create safe spaces.

Symbols: soil, mountains, seeds, caves, bones, clay, salt, Terra (Roman goddess).

Shadow sides: stagnation, resistance to change, over-attachment to material security, possessiveness, inertia.

Affirmation: "I am deeply rooted, fully embodied, and nurtured by the abundant LOVE of the Earth."

Grow with Gaia through embodiment:

- What she teaches: How to be fully present in your body, to nurture and be nurtured, and to trust in the slow, sure rhythms of growth.
- Growth path: Developing patience, creating stability, healing the physical vessel, embracing sacred sensuality.
- Practice: Walk barefoot on the earth. Sit with your back against a tree. Ask yourself: "Where do I need to create more stability and safety in my life? How can I better nurture myself and others?"

Sun

Core qualities: consciousness, vitality, life force, self-expression, identity, purpose.

Practical use examples:

- fuel visibility, charisma, and leadership,
- strengthen health, stamina, and vitality,
- empower creative expression (art, performance, writing),
- clarify purpose and long-term direction,
- build confidence and courage to be seen,
- anchor joy and presence into everyday life.

Symbols: circle, candles, gold, sunlight, lion, fire, Sol (Roman god), Helios and Apollo (Greek gods).

Shadow sides: ego inflation, arrogance, need for constant validation, dominating others, burnout from over-extending.

Affirmation: "I am confident, radiant, and aligned with my true purpose."

Grow with the Sun through self-expression:

- What it teaches: How to shine, be authentic, and stand in your truth.
- Growth path: Developing confidence, visibility, and purpose.
- Practice: Ask yourself: If my life were to shine its brightest, what would it look like? What one step can I take today toward that?

Mars

Core qualities: drive, will, courage, sexuality, action, boundaries.

Practical use examples:

- fuel business launches or new ventures,
- spark motivation and momentum when procrastinating,
- build resilience, discipline in physical training or sports,
- strengthen boundaries and claim sovereignty,
- empower sexual vitality and passion projects,
- push through fear and initiate bold change.

Symbols: red candles, iron, drumming, fire, cactus/thorns, pepper, physical movement, Ares (Greek god).

Shadow sides: uncontrolled anger, aggression, conflict for its own sake, domination, impulsivity, destructive force, burnout from constant fighting.

Affirmation: "I act with courage and clarity. My will is strong, my boundaries are clear, and my energy is focused and powerful."

Grow with Mars through courage:

- What it teaches: How to act decisively and claim your energy.
- Growth path: Turning fear into movement, standing up for yourself, creating momentum.
- Practice: Notice where you avoid conflict or action. Mars invites you to take a bold step, even if it is a small one, and learn through doing.

Venus

Core qualities: LOVE, beauty, harmony, value, pleasure, attraction, abundance.

Practical use examples:

- attract or deepen romantic relationships,
- increase wealth, prosperity, and flow of resources,
- fuel artistic expression, design, and aesthetics,
- cultivate self-LOVE, sensuality, and body confidence,
- strengthen friendships and community bonds,
- beautify environments (homes, gardens, creative spaces).

Symbols: flowers, perfumes, rose quartz, copper, apples, music, sweets, Aphrodite (Greek god).

Shadow sides: vanity, over-indulgence, laziness, codependency, valuing appearance over substance, people-pleasing, using charm to manipulate.

Affirmation: "I am a magnet for LOVE and beauty. I attract harmonious relationships and abundant joy into my life, and I radiate appreciation for all that is good."

Grow with Venus through LOVE and value:

- What it teaches: How to open to LOVE, pleasure, and harmony.
- Growth path: Developing self-worth, healthy relationships, and abundance.
- Practice: Ask: "Where can I choose more pleasure?" The more you value beauty and joy, the more you attract it.

Jupiter

Core qualities: expansion, wisdom, faith, luck, benevolence, optimism, abundance.

Practical use examples:

- grow a business or career opportunities
- expand travel, cross-cultural projects, or exploration,
- fuel learning, teaching, and spiritual growth,
- attract financial abundance and prosperity,
- increase optimism and trust in life,
- empower community or philanthropic projects.

Symbols: large candles, books, tin, oak trees, gratitude practices, purple/blue, Zeus (Greek god).

Shadow sides: over-optimism, excess, overindulgence, laziness (expecting things to come without effort), exaggeration, dogmatism, self-righteousness.

Affirmation: "I am open to limitless abundance and wisdom. Opportunities expand for me, and I grow with joy and gratitude."

Grow with Jupiter through expansion:

- What it teaches: How to dream big and trust life.
- Growth path: Broadening horizons, finding faith, embracing abundance.
- Practice: Step into opportunities that feel bigger than you. Travel, study, teach – and let yourself expand beyond the familiar.

Saturn

Core qualities: structure, discipline, time, karma/consequence, responsibility, mastery, endurance.

Practical use examples:

- build long-term structures (companies, schools, systems),
- anchor discipline for health, study, or spiritual practice,
- create clear boundaries in relationships or business,
- ensure financial stability and steady growth,
- commit to mastery of craft or profession,
- strengthen resilience when facing challenges.

Symbols: stones, bones, contracts, lead, black candles, Cronus (Greek god).

Shadow sides: restriction, fear, rigidity, pessimism, control issues, harsh self-criticism, isolation, guilt, feeling burdened by responsibility.

Affirmation: "I build my life with patience and discipline. My structures are strong, my boundaries are clear, and my commitments are honored."

Grow with Saturn through mastery:

- What it teaches: How to commit, endure, and build lasting structures.
- Growth path: Patience, discipline, responsibility, resilience.

- **Practice:** Choose one area of life to master. Show up consistently. Saturn grows you by shaping chaos into form.

Uranus

Core qualities: freedom, innovation, awakening, breakthroughs, rebellion, the unexpected.

Practical use examples:

- break free from limiting patterns or toxic ties,
- spark new inventions, technologies, or artistic revolutions,
- empower movements for social change and justice,
- awaken originality and radical self-expression,
- fuel sudden breakthroughs and paradigm shifts,
- shift personal identity into authenticity.

Symbols: electricity, wind, fast rhythm, ecstatic movement.

Shadow sides: rebelliousness for its own sake, unpredictability to the point of unreliability, detachment from human emotion, shocking others unnecessarily, chaotic disruption without a constructive vision.

Affirmation: "I embrace my unique truth and welcome positive change. I am free, awake, and open to inspired breakthroughs."

Grow with Uranus through freedom:

- **What it teaches:** How to awaken, innovate, and live authentically.
- **Growth path:** Breaking patterns, embodying originality, embracing change.

- Practice: Ask: "Where am I stuck in old patterns?" Dare to change something suddenly. Uranus grows you by shaking you awake.

Neptune

Core qualities: spirituality, dreams, imagination, compassion, mysticism, dissolution, transcendence, unity.

Practical use examples:

- fuel creative projects in art, film, poetry, music,
- deepen meditation, prayer, and mystical practice,
- heal through compassion, empathy, and service,
- expand intuition and psychic gifts,
- dissolve limiting illusions and create inspiring visions,
- anchor collective projects based on unity and empathy.

Symbols: water bowls, incense, oils, chanting, music, fog, mirrors, Poseidon (Greek god).

Shadow sides: escapism (through substances or fantasy), deception (of self or others), confusion, lack of boundaries, victim mentality, delusion, being lost in the "fog".

Affirmation: "I trust the flow of life and listen to my soul's dreams. I am connected to infinite LOVE and creative inspiration."

Grow with Neptune through vision:

- What it teaches: How to dream, surrender, and connect to spirit.
- Growth path: Expanding compassion, dissolving ego, entering flow.

- Practice: Meditate, create, or serve others. Neptune grows you by teaching that what feels "imaginary" can also be deeply real.

Pluto

Core qualities: transformation, power, shadow, death and rebirth, the unconscious, regeneration.

Practical use examples:

- release addictions, toxic ties, or limiting beliefs,
- reclaim hidden power and authority,
- fuel shadow work and trauma integration,
- support personal rebirth and identity shifts,
- create legacies that endure beyond one life,
- empower collective transformation in society.

Symbols: obsidian, black candles, burial/seed rituals, fire, phoenix, volcanoes, deep caves, Hades (Greek god), Shiva (the Hindu god of destruction and regeneration).

Shadow sides: obsession, control, manipulation, power struggles, destructive rage, paranoia, forcing transformation on others, dwelling in the "underworld" without seeking rebirth.

Affirmation: "I release the past with courage and embrace my true power. I am constantly reborn, stronger and more authentic with every cycle."

Grow with Pluto through transformation:

- What it teaches: How to face your shadows and reclaim power.

- Growth path: Releasing what no longer serves, being reborn, stepping into deep truth.
- Practice: Ask: "What part of me must die for my true self to live?" Pluto grows you by stripping away illusions and making you whole.

The Moon as a Cosmic Mirror

While this book focuses on working with planetary consciousness, we can also look to our closest celestial object. Across traditions, the Moon is seen as a great reflector. In this way, it serves as a cosmic mirror for our consciousness, reflecting our hidden, subconscious aspects back to us, making them visible.

Its cycles of waxing and waning perfectly mirror the rhythms of our own lives: beginnings, growth, fulfillment, release, and rest. Working with these cycles is about aligning with this reflective principle.

We can synchronise our magickal practice with the phases of the Moon. The New Moon offers a fresh start, making it an ideal time for planting seeds in the fertile darkness of our own potential, starting new projects, setting clear intentions and initiating cycles of growth. Conversely, the Full Moon radiates peak reflected energy, illuminating what has been growing within us, making it ideal for charging, acknowledging and revealing truth, practising gratitude and releasing what is complete.

In this sense, the Moon reminds us that our outer reality is a reflection of our inner state. By observing its dance, we learn to observe the cycles of our own soul.

The Power of Timing in Planetary Magick

Magick can be a dance of conscious timing. While the planets are constantly vibrating intelligences, we created the seven-day week to help us remember and connect with the distinct

frequencies of each planetary consciousness. This can be used as a rhythmic tool – working with this cycle can powerfully focus and amplify our intentions.

However, your focused intention is always the strongest driving force. So if you feel called to work with the energy of Venus on a Saturday, your conscious decision always takes precedence over the calendar. The correspondences are:

- Monday: Moon (subconscious, dreams, emotions)
- Tuesday: Mars (courage, action, conflict)
- Wednesday: Mercury (communication, intellect, travel)
- Thursday: Jupiter (expansion, abundance, wisdom)
- Friday: Venus (LOVE, beauty, harmony)
- Saturday: Saturn (structure, discipline, release)
- Sunday: Sun (vitality, identity, success)

To experience a more direct and observable celestial rhythm, we can synchronise our practice with the phases of the Moon. The New Moon offers a fresh start, making it an ideal time for planting seeds, starting new projects, setting clear intentions and initiating cycles of growth. Conversely, the Full Moon radiates peak reflected energy, making it ideal for charging, revealing truth, practising gratitude and releasing what is complete.

Crystals

Crystals and stones can be valuable companions in our rituals, each one holding a unique frequency and energetic signature forged deep within Gaia. In our magickal practice, we don't just use crystals for their supposed properties. Instead, we invite them to partner with us and help us to amplify and anchor our intentions with their stable, crystalline energy.

The precise structure of a crystal allows it to hold a vibrational pattern with exceptional clarity. For instance, placing a rose quartz on your ritual tray isn't just a symbol of LOVE; it becomes a concentrated source of heart-centred LOVE vibrations, amplifying that quality throughout your practice.

Furthermore, crystals are excellent at stabilising and grounding energies. During powerful rituals or energy work in particular, their presence can help contain the raised energies, preventing dissipation and creating a potent, cohesive field.

Choosing a crystal is an intuitive process. Although traditional correspondences can be a useful guide, trust your intuition and choose the stone that feels right for your current needs. You may simply feel drawn to the right stone for your situation or ritual. Alternatively, you could hold different stones and notice which one resonates with you, creating a subtle pull or sense of calm. Honour the crystals as the living,

conscious partners they are, and trust your feelings. This is your intuition aligning with the crystal's energy to meet the particular needs of your ritual.

These widely available stones are powerful helpers for any practice:

- Clear Quartz: Amplification, clarity, focus, energy channeling, spiritual awakening.
- Snow Quartz: Gentle purity, innocence, softening emotions, tranquility, heartfelt truth.
- Smoky Quartz: Grounding, purification, releasing negativity, emotional detox, transformation.
- Rose Quartz: Unconditional LOVE, emotional healing, compassion, self-LOVE, relationship harmony.
- Amethyst: Intuition, spiritual protection, peace, stress relief, connection to higher consciousness.
- Citrine: Abundance, manifestation, personal power, joy, creativity.
- Black Tourmaline: Protection, grounding, negativity shielding, electromagnetic cleansing.
- Selenite: Purification, mental clarity, connecting to higher guidance, cleansing other crystals.
- Amazonite: Truth, harmony, clear communication, soothing energy, emotional balance.
- Carnelian: Motivation, courage, vitality, creativity, confidence.
- Labradorite: Transformation, magic, psychic protection, awakening inner power, intuition.
- Moonstone: Intuition, divine feminine, new beginnings, emotional balance, grace.

- Hematite: Grounding, stability, focus, strength, balancing the body.
- Green Aventurine: Luck, opportunity, prosperity, heart healing, emotional calm.
- Tiger's Eye: Balance, protection, practicality, confidence, grounding ambition.
- Lapis Lazuli: Truth, self-expression, wisdom, intuition, intellectual ability.
- Red Jasper: Nurturing stability, vitality, endurance, connection to Earth.

Tarot and Oracle Cards

Tarot and oracle cards are typically associated with fortune-telling or finding answers to questions. In magickal rituals, they can facilitate open dialogue and deepen and expand the work we are already doing by offering additional elements. They primarily serve to introduce a new perspective, unexpected energy or clarifying insight that our conscious mind might have overlooked, thereby opening a channel for intuitive guidance and insight from our deeper self and spirit companions.

The imagery on the card provides a focal point that can greatly enrich your work. For example, drawing The Empress could inspire you to embrace nurturing and creative abundance, while a card featuring a wolf might encourage you to trust your instincts and the strength of your community. A card showing a turbulent sea could indicate the need to work with the element of Water to process emotions, while a card depicting a bright sun could encourage you to invoke clarity and confidence. This process enables the cards to act as a bridge, translating the subtle guidance of your spirit team into a tangible form that you can see and feel.

This practice is particularly valuable when you feel stuck, or when you want to break free from your habitual way of thinking. The supposedly 'random' nature of the draw can bring you the card you need rather than the one you want.

This disrupts the ego's narrative, introducing an element of divine surprise and encouraging flexibility and a broader, more holistic view of your intention and how to achieve it.

This method enables you to consciously invite synchronicity into your ritual structure, affirming that you are not working alone. By welcoming the wisdom of the cards, you recognise that your personal universe is intelligent and communicative, and is always ready to provide guidance, support and new insights.

Appendix

Sanuela.org

We grow with compassionate support



Vision

Sanuela.org was born from a longing for a world where unconditional LOVE, connection and personal growth are our guides.

Let's further open our hearts and raise our frequency to promote our powers as healers and creators. We provide safe spaces where people can share their experiences, fears and challenges for healing and mutual support.

We value personal autonomy and respect each soul's unique journey without imposing strict doctrines. We do not judge or shame others for their choices or beliefs and encourage each other to reach our highest potential.

Through the power of human connection, loving communication, forgiveness, intuition, and inner work, we support each other and the collective. Our eventual goal is to release all emotional burdens and attachments in order to fully embody our inner wholeness.

Donations and volunteering help us to expand our work and create a nurturing environment for all. Let us experience healing together and help each other along the way.

About Sanuela

SANUELA = Soulful alignment nurtures unity, empathy, LOVE & ascension.

Sanuela is a fictional planet used by author Nils Klippstein as a blueprint for personal growth and support. Unlike Earth, Sanuela values LOVE and spiritual and emotional development over power struggles. The characters are free to pursue their goals without harming others, inspiring us to bring this visionary world step by step into our own reality.

Goals

- We work towards recognising our inner wholeness and guide each other towards a greater understanding of our soul's journey and purpose in life.
- We offer a safe space to connect with each other, share our experiences and support one another on our journey of healing and inner growth.
- We explore and enhance our innate healing powers through energy work, intuition, and spiritual practises.
- We help each other facing our fears, releasing our emotional burdens, emotional wounds and blockages,

and growing through introspection, intuition, forgiveness and self-LOVE.

- We encourage creating deep, meaningful relationships based on empathy, mutual care, and open heart-to-heart communication.
- We connect with Gaia, Mother Earth, embracing her wisdom and guidance as we care for her and her creations.

Guiding Principles

1. We believe in the inherent purity of our soul that reflects the essence of divine LOVE and light.
2. We believe in the power of balancing and aligning our hearts and minds, and the yin and yang energies within us.
3. We believe that making our own free choices is the best way to grow.
4. We believe in the power of making changes step by step to transform our habits and mental and emotional patterns.
5. We believe in the importance of clean nourishment for both body and mind.
6. We believe that we can open our hearts a little wider every day.
7. We believe that by raising our frequencies, we become better healers and better creators.
8. We believe in the healing power of caring touch, closeness and prolonged hugs.
9. We believe in the sacred interconnectedness of all beings, where each of us lives in our own universe, yet

all are woven together in a web of divine energy and mutual support.

10. We believe in the power of togetherness and the importance of caring for each other with the same empathy and LOVE that we give ourselves.
11. We believe that multiple perspectives can be right at the same time and help us see the bigger picture.
12. We believe that as humans we have the creative power to project and transform our inner world into our outer world.
13. We believe that through loving, honest communication about our fears, desires and shadows, we can grow and thrive together.
14. We believe that facing our fears and working with our inner shadows helps us to evolve faster.
15. We believe that by doing our inner work we help the collective around us.
16. We believe in the healing power of forgiving each other and ourselves.
17. We believe in the healing power found in times of seclusion.
18. We believe in the power of our intuition, inner guidance and affirming synchronicities.
19. We believe in the loving guidance of our spirit guides, who appear when we are ready to receive them.
20. We believe that Gaia, Mother Earth, who created our human lives, is a highly developed, highly conscious and loving being.

21. We believe in Gaia's wisdom, knowing that she does not always give us what we desire, but what we truly need to grow.
22. We believe that we can be liberated from the wheel of reincarnation by releasing all our emotional attachments, hurts and blockages, while recognising and fully embodying our inner wholeness.
23. We believe that the consciousness of our soul lives on after we let go of our body and that our evolution extends far beyond the human experience.

Individual Practises

1. We encourage practising heart chakra breathing to live from our hearts at all times.
2. We encourage forgiveness and gratitude and doing the inner work every day.
3. We encourage clean food for the body, avoiding harmful, chemically isolated substances, and we encourage regular periods of fasting.
4. We encourage clean mental or emotional intake, avoiding activities that promote fear, violence or low frequencies in us.
5. We encourage dedicated times of seclusion to work with our thoughts, emotions, inner shadows, ego, challenges, and visions, to practise forgiveness and gratitude, to find our inner balance, to develop our intuition and inner guidance, and to give ourselves LOVE.
6. We encourage working on releasing our emotional tensions in our body tissues.

7. We encourage spending time in nature, connecting with Gaia and our inner selves through meditative walks or personal, intuitively guided pilgrimages.
8. We encourage time spent in meditation, breathing exercises, our own personal sound healing sessions, working with crystals, caring deeply and lovingly for ourselves, or any other form of emotional or spiritual healing practice that we have learnt or feel drawn to.
9. We encourage finding balance with our personal life values. These 21 values are based on the seven main chakras and can serve as a foundation, but each soul's individual values may vary:

Basic needs. Security. Feeling cared for.

Joy. Well-being. Creativity.

Self-Worth. Independence. Courage.

LOVE. Empathy. Connectedness.

Truth. Honesty. Communication.

Wisdom. Imagination. Intuition.

Soul plan. Unity consciousness. Being.

10. We encourage becoming more sensitive to our astral energies and to work intuitively with them.
11. We encourage opening our hearts more and more through long hugs, sharing caring touches and cuddles, and supporting and nurturing others as we would want for ourselves.
12. We encourage opening our minds to multiple perspectives to expand the bigger picture.
13. We encourage experiencing ourselves as the creators of our personal universe, in which our inner world is constantly mirrored to the outside world.
14. We encourage loving, honest communication about our fears, desires and shadows. We encourage

empathic listening to others without shaming or judging.

15. We encourage connecting with our spirit guides and asking them questions.
16. We encourage self-responsibility by finding our own deepest inner centre, rather than praying to saints in the outside world to change things for us.
17. We encourage finding our own best personal ways of regularly releasing what is burdening us.

Community Practises

1. We encourage joining our Emotional Growth Circles on various topics, where each member can share their fears, hurts, longings, challenges, visions or hopes. The others are there to listen actively and empathetically, but not to give advice unless asked. The united consciousness of the group will do the healing.
2. We encourage joining our Practical Growth Circles to share personal experiences and learn about the background of our guiding principles and suggested practises and how we put them into daily reality.
3. We encourage joining our ceremonies with various themes, like honouring Gaia (Mother Earth), cleansing and letting go of negative energies, finding our centre, raising our frequencies, opening our hearts, forgiveness, balancing our yin and yang, or sharing our energetic healing energies with one another.
4. We encourage joining our Community Growth Circles for managing the expansion of our work. These circles are based on the sociocracy model: One soul acts as a facilitator, keeping the conversation on track and

making sure everyone is heard. Another soul serves as the administrator, taking notes to remember key points and coordinating actions to involve all participants in achieving our goals.

Volunteering

If most or all of our beliefs and practises resonate with you, then we need your help! Our community circles are just beginning to sprout. We would LOVE for you to join us in nurturing this growing community.

There are many ways to get involved, make a positive impact and grow together. The positions are currently voluntary. Whether you're interested in taking on a facilitator or manager role or supporting our cause in other ways, we welcome your enthusiasm and passion.

Come and grow with us!

www.sanuela.org

About the Author

Born as the youngest in a family of psychologists and pedagogues, I strongly felt drawn to the more unconventional paths of learning and discovering my abilities, gifts, and passions. I quit the school system early and preferred to spend three years in the Ananda Assisi community, initiated as a disciple of Paramhansa Yogananda (*Autobiography of a Yogi*) by a direct disciple, Swami Kriyananda.

After three years of community, meditation time and inner development, I followed LOVE and adventure, and was drawn into the maelstrom of the "modern" world. I learned how to drink and party, how to become addicted to an unhealthy lifestyle, and how to become either burned out or depressed as a result. In some long relationships, I loved my partners, endured both LOVE and suffering; experienced all which life had to offer.

I experienced business life in its various phases – ups and downs, different directions and goals – designing advertisements, logos, or websites, bringing people together, making professional videos. I also studied and practised hypnotherapy and relaxation therapy practices, producing my own library of guided imagery and audio meditations; more than 80 titles are available in German.

On the beautiful island of Tenerife, I re-connected with my spiritual needs.

While programming apps for meditation and relaxation, I consulted various shamanic guides, participated in ceremonies with and without traditional shamanic plant medicine, engaged in cleansing and transformational rituals, and attended many retreats in complete darkness.

Right at the start of The Big Change in 2020, I was contacted by my spirit guides. They knocked three times at my door, quite literally: I found small pieces of wood on three successive days in my food, and wondered how to interpret that, if this was all a half-awakened dream universe.

I found out I'm not alone. I can communicate and, more importantly, LOVE my spirit guides. They are part of me and I feel one with them. Just like me, you also have at least two spirit guides. Until now, my guides have never given me wrong information. We trust each other and LOVE each other.

As for my daily life, I strive to live a fairly regular life – writing a lot. I also enjoy the wonderful nature of Tenerife. A few years ago, I was gifted a sailing licence course and I adore taking pictures, meaningful conversations, creating art... But yes, my writing takes up a lot of time.

I learnt and evolved through my intuitive writing. I ask questions and receive answers that surprise me again and again, even though I know the answers are coming from the same central well of cosmic knowledge that I feel within myself. So, writing often feels like remembering to me.

I experienced and wrote about chakra healing, kundalini, astral energies, other-dimensional experiences, shamanic ceremonies, conscious and sacred sensuality, and how to work through the inner processes on the spiritual path; such as fears or emotional pains.

For myself, I found that there is one formula that surpasses all: LOVE. When LOVE is present, then multidimensional healing and growth follow.

Books by Nils

- A Kind of Magick. Manifesting From Your Heart (2025)
- Luma's Garden. A Journey into Sacred Love, the Heart of Energy and Sensual Awakening (2025)
- Allowing LOVE Three. 99 Spiritual Poems (2025)
- Soulfamilies. Living, Loving and Growing Together (2025)
- Liberator of Temptational Bonds (2025)
- Blossoming Beyond Boundaries. A Romance of Jealousy, Honesty and Trust (2024)
- Enchantress of Sensual Bliss Tantric Fantasy Romance (2024)
- Love Beyond Jealousy (2024)
- Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela (2024)
- Allowing LOVE. Spiritual Poems (2024)
- Allowing LOVE Two. 99 Spiritual Poems (2024)
- Ayana, My Light and My Love (2023)

- A Course in Love & Miracles (2023)
- High Priestess of Sanuela (2023)
- Balancing Emotional Needs: A New Relationship With Food (2023)
- Horray, I Am Human! Sensual Energetic Healing (SEH) for Singles & Couples (2022)
- Spirituelle Partnersuche. Der ganzheitliche Weg vom Single zur erfüllten Beziehung (*Spiritual Dating: The Holistic Path From Single to Fulfilled Relationship*, currently only available in German, 2022)
- Liebe, Wahrheit, Licht. Energetische Chakraheilung und Kundalini (*Love, Truth, Light. Energetic Chakra Healing and Kundalini*, currently only available in German, 2022)
- Wir sind Familie. Altes Wissen und neue intuitive Erkenntnisse (*We Are Family. Ancient Knowledge and New Intuitive Insights*, currently only available in German, 2021)
- Wir sind Bewusstsein. Erzählungen eines Vieraugenkröppchens (*We Are Consciousness. Tales of a Four-Eyed Kropplin*, currently only available in German, 2021)
- Multidimensionale Evolution. Energetische Schattenarbeit und Dunkelretreat (*Multidimensional Evolution. Energetic Shadow Work and Dark Retreat*, currently only available in German, 2020)
- Multidimensionale Metamorphose. Innere Heldenreise mit 16 Archetypen (*Multidimensional Metamorphosis. Inner Hero's Journey With 16 Archetypes*, currently only available in German, 2020)

- Multidimensional. Unser Weg in eine Neue Welt (*Multidimensional. Our Path to a New World*, currently only available in German, 2020)
- You Are Healer and Creator. Experience Energetic Healing and Energy Work (2019)
- Glückselige Ekstase. Healer & Creator: Next Level (*Blissful Ecstasy. Healer & Creator: Next Level*, currently only available in German, 2019)
- Zeit für mich! Das 3-Tage-Auszeit-Programm zum Selbstfinden und Kraft tanken (*Time for Me! The 3-Day Retreat Programme to Find Yourself and Recharge Your Batteries*, currently only available in German, 2015)
- Montagsmeditationen. 22 geführte Meditationen, die deine Welt verändern (*Monday Meditations. 22 Guided Meditations That Will Change Your World*, currently only available in German, 2015)
- Besser Schlafen. Selbsthilfe zum Einschlafen & Durchschlafen bei Schlafproblemen und Schlafstörungen (*Sleep Better. Self-Help for Falling Asleep and Staying Asleep With Sleep Problems and Sleep Disorders*, currently only available in German, 2015)
- Liebe dich selbst! Übungen, Phantasiereisen & Inspirationen für mehr Selbstliebe und Selbstwert (*Love Yourself! Exercises, Imaginary Journeys & Inspiration for More Self-Love and Self-Esteem*, currently only available in German, 2014)
- As well as over 80 imaginary sound journeys for more self-esteem, success and serenity, currently only available in German. Please visit www.start2dream.de

How Do You Feel About the Book?

Thank you for your choice in picking this book. May it have added some value and quality to your everyday life.

If you found benefit in reading it, I'd like you to spread the word by sharing to your favorite social media accounts, so that your friends and family can also enjoy it.

Moreover, kindly consider posting a review for me. Your comments and encouragements will help me as an author for future projects, and will be highly appreciated.

Thank you!