



**Mastering The Magick Of Witchcraft**  
<http://www.masteringmagickwitchcraft.com>

**Rose Ariadne Blog**  
<http://www.rose-ariadne.com>

**Ask Rose Ariadne**  
<http://www.askroseariadne.com>

## **Why Meditation Is Your Key To Becoming A Witch (And How To Do It For Recharging Magick Energy)**

Meditation is one of the most importance activities you can do to increase your focus and control of the energies around you - and most importantly - "become" a witch. You should always do some meditation as a daily devotional. (I'll tell you all about the daily devotionals a bit later)

Meditation uses visualization, focus, belief, and will to heighten your awareness and connection with the Magick energies you were born with. It will also heighten your psychic awareness for help in the divinations you will be doing.

The key to using meditation to increase your overall Magick power is consistency. Work with it on a daily basis. And it is quite simple.

Here are some quick steps you can start with to try out some meditation - so you can begin your path of becoming a witch.

### **Step 1:**

First, find a quiet place where you know you'll have at least 15 – 20 minutes of time without any interruptions.

### **Step 2:**

Get comfortable – whatever position is most comfortable for you. I like to sit on a cushion on the floor, with my back against a wall. If you'd like to lie down, make sure you will not drift off to sleep – you can't meditate when you are asleep! Make sure you keep your spine straight throughout this process (I have a tendency to slouch slightly, so I really have to pay attention to this at first – until it feels natural).

### **Step 3:**

Close your eyes and put your hands on your knees, palms up and fingers relaxed. Relax. Take a deep breath in, hold, and breath out.





#### **Step 4:**

Focus on your breathing for at least a minute. Let it fall into a rhythmic pattern. I usually breath in for a count of 6, and then exhale for a count of 6. There may be a different pattern you are most comfortable with. The key is to actually find a pattern though.

#### **Step 5:**

Gradually slow your breathing down – slower and deeper. Visualize breathing in light and love, and breathing out negativity and fear.

#### **Step 6:**

Finally, visualize a sphere of pure, white light around you, filling and surrounding your body – charging you with its energy.

#### **Step 7:**

Now, focus on your feet. Clench them and then let them relax, letting all negativity flow out the bottom of your feet.

#### **Step 8:**

Next, move to your calves. Clench the muscles of your calves, and then relax them seeing all tension and negativity flowing down your legs and out your feet into the ground. Repeat this through all major muscles in your body (knees, thighs, pelvic region, buttocks, hips, lower back, mid section, upper back, fingers and hands, forearms and elbows, upper arms, shoulders, neck, chin, jaw, face, and lastly your head).

Feel all of your tension and negativity drain out of each part of your body, and be replaced by a sphere of white light.

#### **Step 9:**

Next, clear your mind and open your inner self to that higher place within you that maintains a constant connection to the Divine.

Spend your time in stillness, and commune with your deities – or even work on your visualization skills.

#### **Step 10:**





Finally, when you are finished, go back down through your entire body in reverse, charging each part with the energy of the white sphere to waken and refresh your entire physical self.

My Witchcraft Home Academy In-A-Box, Mastering The Magick of Witchcraft goes into more detail about meditation and how it can increase the power and effectiveness of your spells. It will also reveal a few secrets about visualization that will help you to cast successful spells “on the fly” whenever you need to.

And on the DVD’s, you will be taken on a guided meditation (which is also a part of setting up your internal sacred space).

Not only is good meditation calming and relaxing, but the visualizations you work on in your meditation can instantly put powerful Magick energies at work for you to accomplish whatever you desire. Now, imagine combining this power with actual spells and rituals – and how bundling the power of all the techniques I reveal can give you full control of your life.

You were born with a special power that most people never open their eyes to. Using this power, you can get the life you have always dreamed of, step by step. If you truly believe this, you are already almost there.

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