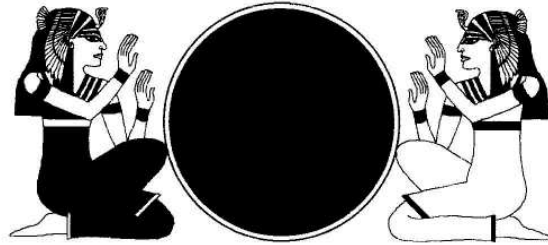


Temple of the Dark Moon



Understanding Energy

By Frances Billinghamurst © 2005

When you begin working in the realm of metaphysics, it will not be long before you come across the mention of “energy”, or more importantly “feeling energy”. If you have never “felt” energy before, it can be somewhat puzzling at first as to what exactly people mean.

While the concept of energy and auric fields will be covered later in additional articles, the following exercise teaches you to sense energy, starting with your own, and later it will be the cornerstone of your magickal work as you learn to channel, direct, and ground energy.

- Pick a quiet place where you will be undisturbed. Remove all jewellery, including eyeglasses. Hold your hands in front of you, palms facing each other. Your elbows should be bent so that your hands are turned inward.
- Bring your hands together and rub vigorously for a few seconds and then slowly begin to separate your hands, keeping them level with one another. You should feel a tingling sensation as if your hands are trying to pull together or push apart. Still moving slowly, separate them a little more until your hands are about six centimetres apart.
- Slowly bring them together again, not touching but very close. Feel the prickles between your hands. If at first you do not succeed, simply try again.
- Practice for a few days until you can still feel the connection when your hands are a few centimetres apart. Eventually you will be able to feel the energy without rubbing your hands together first.
- Repeat the above exercise and then try to shape the energy into a ball, or pulling it apart with your fingers. This will also aid you in using your skills of visualisation, another important aspect when practising magick.

Once you are comfortable raising and shaping energy, you can begin to focus it. Repeat the above exercises, then slowly turn your hands so they are facing a plant or stone, or some special item, and visualise the energy pouring out of your hands and into the object. This is called "Charging" and means you are filling the item with energy. You can also use this energy to charge places on your body that are tired or ache, thus sensing an immediate lift in energy, or reduction in pain.

About the Author:

Frances has been a student of metaphysics and the occult for most of her life, with her formal training commencing in 1993. She is trained in both ceremonial magick and Alexandrian Wicca, and has been initiated into the Alexandrian Wiccan tradition.

Frances founded the Temple of the Dark Moon in 1999 to provide accurate information on Paganism (in particular Wicca and Wytchcraft. For a period of six years from 2000 Frances was the secretary for the Pagan Alliance Inc (SA) and worked closely with both the SA Police and Attorney General with respect to changes in legislation.

In 2003 she was invited to speak at the New Zealand Pagan Fest where she also led the opening ritual with Chief Druid, Philip Carr-Gomm.

Frances regularly writes for Australia's number one spiritual lifestyle magazine "Insight" and her articles also appearing in over 10 separate publications around the world including the 2008 Llewellyn's Witch's Calendar. Frances has appeared in the "Sunday Mail", the "Messenger" and the "Melbourne Age" with respect to being a Wytch.

Frances can be contacted through the Temple of the Dark Moon.

Temple of the Dark Moon
PO Box 2451
SALISBURY DOWNS SA 5108

(Email: darkmoon@ace.net.au)
Web site: www.templedarkmoon.com