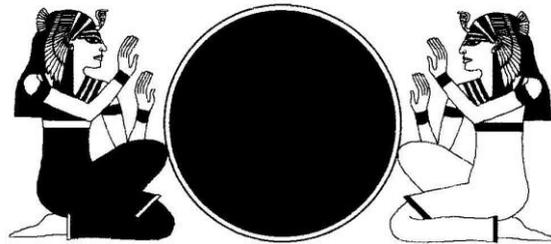


Temple of the Dark Moon



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 having commenced in 1993. She has been initiated into the Alexandrian Wicca tradition, with interests also in ceremonial magick, the Qabalah and traditional Wytchcraft.

After founding the Temple of the Dark Moon in 1999, Frances spent some six years as secretary for the Pagan Alliance Inc (SA) where she worked closely with both the Police and Attorney General with respect to changes in legislation. She has led rituals with Chief Druid, Philip Carr-Gomm, and occult philosophy Ramsay Dukes, as well as presented lectures at various national and international events.

Frances regularly writes for *Insight*, Australia's number one spiritual lifestyle magazine, with her articles also appearing in over 10 separate publications, including *Spellcraft*, *The Cauldron*, *Circle* and the Llewellyn's *Witch's Calendar*. She has further essays in a number of anthologies including *The Faerie Queens*, *Unto Herself: A Devotional Anthology for Independent Goddesses*, and *Memento Mori*.

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