

Getting Started in Magick

How to start your journey into witchcraft/energy work/the occult

By Albino Elephant 2021

OVERVIEW & PURPOSE

This guide will give you the tools needed to begin your magickal practice. It is not an all encompassing guide, but gives you a foundation to go and begin your own studies. I am not well versed in all of the practices which are mentioned and I encourage everyone reading this to look through all I mention and find one which really resonates with them.

Study vs Practice

As you begin there will be a big difference between studying something and practicing it. For example: when learning about spirits you will likely not be able to personally experience them until further into your practice and doing something such as rituals will require a lot of practice but not much study. As such most paths will involve a practice to develop your skills and a study to do while developing your skills. I highly recommend finding a way to do this yourself if your path does not specifically instruct it as studying without practice can often lead to the stereotype of the “armchair occultist” and practicing without studying to the “delusional energy worker.”

Paths

When beginning a path is a very helpful tool to give you beginning materials and studies to focus on that all comes together into a single framework. As you progress into your practice you may start including other paths into your practice or leave yours entirely for another. Some common paths to look into are: Wicca, Chaos Magick, Thelema, Enochian, Psionics, Energy Work, Norse Magic, and Shamanism. Each of these come with their own communities and guides to guide you in the beginning of your practice and study.

Common Beginning Practices

In this section I will describe some common methods from the previously listed paths to begin your practice with. These are what I personally see the most value in doing.

Daily rituals/invocations

There are many daily rituals you could begin doing which will help your practice. First is the cleansing/banishing rituals such as casting a circle or the Lesser Banishing Ritual of the Pentagram. These cleans the energy of the area you work in and move energy through you making you more sensitive to the more subtle shifts in that area and yourself.

Invocations for gods or symbols of knowledge or spiritual awareness on a daily basis can help you start becoming more aware. The effects will take time to occur, but going through a deity in this manner can make you closer to them and encourage them to help you later in your practice.

Psiballs

Psiballs are a technique in psionics and energy work where you concentrate on making a ball of energy and play with it on a consistent basis. As you do this you will become better at visualization and energy work along with becoming more aware of energy in general.

A good way to start is to take a ball of a decent size and meditate while holding it. Focus on the ball and its shape and once you are confident you are mentally aware of it then get rid of the ball and meditate in the same position. Feel the ball there again and see the shape in your hands. Once you can feel and see it then you can start trying to manipulate it by shrinking it, flattening it, molding it, and etc. Now you can start doing this outside of meditation.

Norse

Norse practices are one of the biggest reconstructed forms of magic we have and as such they are the beginning for many practitioners. When beginning Norse practices there are two main routes: Norse shamanism and rune working. Shamanism involves entering

trance states and becoming more aware of the spiritual through those trance states while rune working involves invoking and working with the runes to both become more aware and affect the world around you. As you progress they blend together, but at a starting point they are mostly separate.

Common Beginning Studies

Ancient Texts

Ancient texts provide a variety of methods and theories that have survived through the ages so for the most part you can be assured they are effective. Many occultists and reconstructivists study these ancient texts and learn the frameworks the ancient peoples used to practice their magic which they can then use to modify the practices to suit a more modern approach. Some good examples of ancient texts to study in this way are the Eddas, the Keys of Solomon, and historical accounts of religion in cultures.

Historical Analysis

As ancient texts are many times hard to read even when translated a different approach is to read the analysis of the ancient religions by historians or magical practitioners. These books are less reliable in the validity as they are many times personal interpretations of the magical practices, so it is often better to get a variety of sources than just one author. Some good authors to look for are: Aleister Crowley, Edred Thorsson, Neil Gaiman, and Diana Paxson.

Modern Methods

During the development of Wicca, modern Occultism, and New Age practices there have been many more recent developments of frameworks people operate in. There are many guides for how these frameworks work due to them being more recent developments. It is easy to get lost and tricked into fake practices so many advocate for the avoidance of these more recent practices however there are many that find them very practical and useful, perhaps even more so than the ancient practices. The book *Astral Dynamics* is thought of one of the hallmarks of these more modern practices. Other than that there are many books written on Wiccan practices, modern occult texts, and various guides both online and off for energy work and psionics.