

# The New Hermetics

## Level 4 - The Philosopher



In the Philosopher level, you will explore the sephirah Netzach, as well as the paths of ו [ayin], ם [samech] and נ [nun]. You will explore your values, your intuition, discovering how the driving forces of your will are the hierarchies of values that control your morality, desires, ethics and even your creativity. You will learn to harmonize your values with your actual desires. You will learn to create talismans, physical representations of magical synchronicities that you are projecting out into the world. You will actively invoke the powers of the ancient archetypal god-forms to balance and transform your abilities and your life. You will begin to work practically with your intuition, and begin the practice called "rising on the planes."

1. Mystical Correspondences
2. Charging Talismans
3. Exploring Archetypes: Invoking the Gods
4. Exploring Intuition and E.S.P.
5. Values Hierarchies
6. Changing Your Values
7. Breath Awareness - Mahasatipathana
8. Rising on the Planes

Each of these programs is a technology designed to move your mind in specific directions. Find a quiet place to sit or lie down where you will be comfortable and able to devote your full attention to the programs. Each program is about a half hour. DO NOT listen to these programs while you are engaged in other activities, particularly driving or working on anything that requires your full concentration. You should always have this workbook nearby so that you can complete the written work immediately at the end of each program. This work is usually fairly small and can be completed in less than five additional minutes. Please fill out the workbook as you proceed, completing each section in order to the best of your abilities. You may skip around to a certain degree, but try to keep relatively in order.

## Session 1 - Mystical Correspondences

Please have the seven colored linear shape pages in front of you as you listen to this program.

Date and Time You Listened to the Program \_\_\_\_\_

Please describe your experience:

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## Session 2 - Creating Sigils

Date and Time \_\_\_\_\_

The easiest way to construct a talisman is to make a simple sigil or seal to represent your desire in the manner that has been made popular by Chaos Magick. With this simple and fast little workshop you will be able to make a talisman to accomplish anything you can imagine.

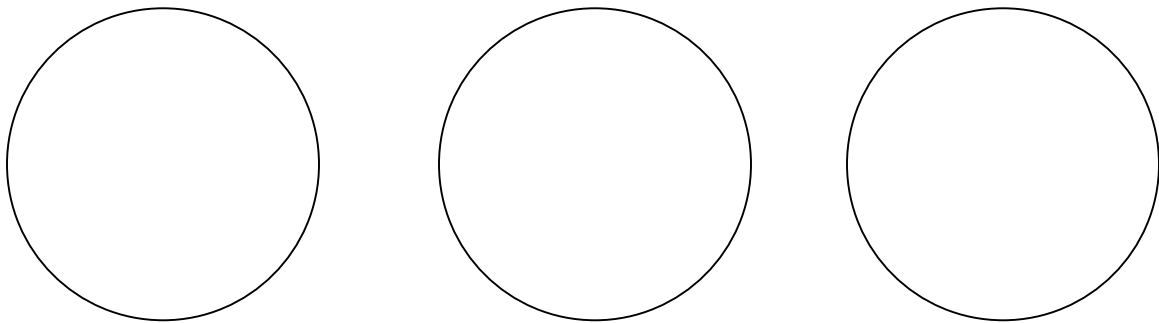
You first need to create a sentence that expresses what you want. It can be a simple sentence, but make sure that you understand what you are wanting specifically. Avoid being overly vague because the universe may misunderstand and give you something different than what you want.

Your sentence of desire \_\_\_\_\_

Now remove all of the repeating letters so that only one of each letter remains.

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The sigil is now created from these letters. Combine the letters into a shape that is pleasing to your eyes. You may simplify things by including simple letters such as I or U within the shapes of other letters or representing M and considering W and V to be represented by this shape as well. You may stylize or distort letters in any way that pleases your sense of aesthetics. You can use these three spaces to construct and simplify your sigil.



Once you have settled on a sigil you can decide what sort of energy you are interested in attracting to your talisman. At this point you can decide if you are going to use one of the planetary shapes and colors for your talisman or if you are simply going to leave it a simple sigil. You must then create your full talisman. There are several black and white talisman blanks at the back of this workbook. You can easily place your sigil into the center of one of these and color it appropriately, or you can make your own. At the very least re-draw it onto a new blank piece of paper.

Once you have created your talisman you are ready to move on to the next tool to charge the talisman.

## Session 3 - Charging Talismans

Date and Time You Listened to the Program \_\_\_\_\_

This is a simple tool for charging talismanic objects with any desire. You may use this tool for talismans created with the sigil technique you just used, or any other object that you want to charge magically. For now, simply charge the talisman you just created. Answer the following questions about your talisman. You will want to ask these questions anytime you are charging a talismanic object.

What specific purpose are you charging this talisman for?

\_\_\_\_\_

Who is this talisman for? Will the energy work for you, for anyone who holds the object, or for someone else only?

\_\_\_\_\_

How long does the talisman have to accomplish its job? Two weeks? A month? Will it last forever?

\_\_\_\_\_

The answers to these three questions form the statement of purpose that you make during the program.

Listen to the program now.

Please describe your results in a few days or weeks:

\_\_\_\_\_

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\_\_\_\_\_

## Session 4 - Exploring Archetypes: Invoking the Gods

Date and Time You Listened to the Program \_\_\_\_\_

This tool is for connecting with the archetypal energies of "the old gods." You may use this tool with any God, but please be clear about what aspects of this God might be useful for developing new abilities or personality changes in yourself. Below you will find the "planetary" Gods with some of their qualities, which will form a useful place to start.

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"><li>3. Saturn/Kronos- structures, limitation, responsibility, seriousness</li><li>4. Jupiter/Zeus- generosity, abundance and wealth, leadership, luck</li><li>5. Mars/Ares- strength, energy, battle, courage, competition, athletics</li><li>6. Sol/Helios/Apollo- harmony, wholeness, peace, illumination</li><li>7. Venus/Aphrodite- love, desire, aesthetics, beauty, pleasure, luxury</li><li>8. Mercury/Hermes- language, logic, knowledge, science, medicine</li><li>9. Luna/Selene/Artemis- imagination, subconscious, emotion, dreams</li></ol> |
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Examine this list and choose a quality that you feel that you are lacking but which you would like to manifest in your life. Use this program to connect with this force or quality and activate it in your life. In the future you may use this tool with any God you desire to know.

God-form: \_\_\_\_\_

Desired quality from this god-form: \_\_\_\_\_

Please describe your experience:

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How has this Invocation changed you for the better?

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Please describe your results in a few days or weeks:

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## **Session 5 - Exploring Intuition and E.S.P.**

Date and Time You Listened to the Program \_\_\_\_\_

This is a very simple method for receiving information from the collective unconscious. It can be adapted to any purpose, finding lost articles, missing persons, finding out information about a person or event, medical intuition or anything else that you might want to do with psychic powers or ESP.

For this first time, listen to the program, asking about what you need to be doing to accomplish one of your goals.

Which goal did you ask about? \_\_\_\_\_

Describe what you received:

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## **Session 6 - Values**

Date and Time You Listened to the Program \_\_\_\_\_

Your values are really the states that you consider the most desirable and the states that you find most detestable in your life. Values are not desires for possessions, honors or behavioral laws for your community, but rather the emotional states that these things might provide.

Like your beliefs, your values were not consciously chosen but rather implanted by circumstance into your mind. You must now begin to examine your values and to decide whether or not your current values are consistent with who you really want to be.

Please listen to the program now.

Create a list of your values for the following subjects in the five elemental categories. Simply put what comes to mind and don't worry about being repetitive.

Ask yourself the following questions:

What states do I value most in my... (spirituality, personal power, emotions etc.)?

What states do I most want to avoid in my... (spirituality, personal power, emotions etc.)?

## **AETHYR**

### **Spirituality**

Valued States

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Avoided States

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### **Your Life's Work**

Valued States

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Avoided States

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## **FIRE**

### **Personal Power**

Valued States

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Avoided States

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### **Creativity**

Valued States

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Avoided States

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**Sexuality**

Valued States

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Avoided States

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**WATER**

**Emotions**

Valued States

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Avoided States

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**Relationships**

Valued States

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Avoided States

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**AIR**

**Intellect**

Valued States

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Avoided States

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**Education**

Valued States

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Avoided States

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## **Communication**

Valued States

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Avoided States

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## **EARTH**

### **Finances**

Valued States

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Avoided States

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### **Physical Body**

Valued States

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Avoided States

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### **Work**

Valued States

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Avoided States

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### **Personal Environment**

Valued States

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Avoided States

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Now think about what is most important to you, and number each of these states for each subject.

What are the rules that govern these values? Ask yourself what you need to experience in order to feel that you've obtained the desired state. In order to experience (state) in my spirituality, I must (your rule)

Establish what your rules are for all of the desired and undesired states for all of these subjects.

## **AETHYR**

### **Spirituality**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### **Your Life's Work**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_

5. \_\_\_\_\_

Rule: \_\_\_\_\_

## **FIRE**

### **Personal Power**

#### Valued States

1. \_\_\_\_\_

Rule: \_\_\_\_\_

2. \_\_\_\_\_

Rule: \_\_\_\_\_

3. \_\_\_\_\_

Rule: \_\_\_\_\_

4. \_\_\_\_\_

Rule: \_\_\_\_\_

5. \_\_\_\_\_

Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_

Rule: \_\_\_\_\_

2. \_\_\_\_\_

Rule: \_\_\_\_\_

3. \_\_\_\_\_

Rule: \_\_\_\_\_

4. \_\_\_\_\_

Rule: \_\_\_\_\_

5. \_\_\_\_\_

Rule: \_\_\_\_\_

## **Creativity**

#### Valued States

1. \_\_\_\_\_

Rule: \_\_\_\_\_

2. \_\_\_\_\_

Rule: \_\_\_\_\_

3. \_\_\_\_\_

Rule: \_\_\_\_\_

4. \_\_\_\_\_

Rule: \_\_\_\_\_

5. \_\_\_\_\_

Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_

Rule: \_\_\_\_\_

2. \_\_\_\_\_

Rule: \_\_\_\_\_

3. \_\_\_\_\_

Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

## **Sexuality**

### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

## **WATER**

### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_

3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

## **Relationships**

### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

## **AIR**

### **Intellect**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### **Education**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### **Communication**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

**EARTH**

**Finances**

Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_
4. \_\_\_\_\_  
Rule: \_\_\_\_\_
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

**Physical Body**

Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_
2. \_\_\_\_\_  
Rule: \_\_\_\_\_
3. \_\_\_\_\_  
Rule: \_\_\_\_\_

4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### **Work**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

### **Personal Environment**

#### Valued States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_

4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

#### Avoided States

1. \_\_\_\_\_  
Rule: \_\_\_\_\_  
2. \_\_\_\_\_  
Rule: \_\_\_\_\_  
3. \_\_\_\_\_  
Rule: \_\_\_\_\_  
4. \_\_\_\_\_  
Rule: \_\_\_\_\_  
5. \_\_\_\_\_  
Rule: \_\_\_\_\_

Please examine all these rules and valued states. Are your values harmonious, or are there places where there are inconsistencies or oppositions?

## **Session 7 - Changing Your Values**

You will discover as you explore the previous tools that there are many inconsistencies between your current values and the person that you want to be as expressed in your goals. Use this tool to shift values up in your values hierarchy or to add new values to enhance your purposeful direction in life.

Choose a value you wish to install or move up in your hierarchy of values

\_\_\_\_\_

Listen to the program.

How do you feel now?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Session 8 - Breath Awareness**

This is a very simple tool to increase and enhance your awareness of the simple process of "being." Listen to the program now.

Please describe your experience:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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## **Session 9 - Rising on the Planes**

This technique is a preliminary practice to prepare you for Communion with Cosmic Consciousness. Listen to the program now.

Please describe your experience:

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## **Session 10 - Mystical Correspondences**

Please have the seven colored linear shape pages in front of you as you listen to this program.

Date and Time You Listened to the Program \_\_\_\_\_

Please describe your experience:

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## **Session 11 - Creating Sigils**

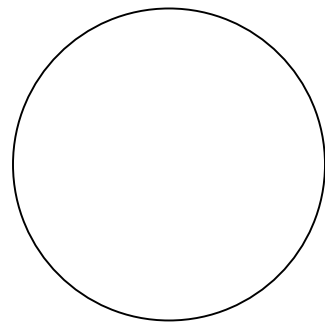
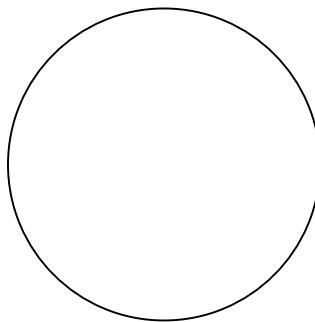
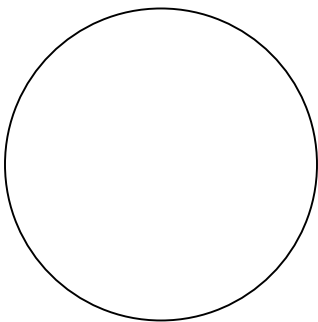
Date and Time \_\_\_\_\_

Your sentence of desire \_\_\_\_\_

Now remove all of the repeating letters so that only one of each letter remains.

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Combine the letters into a shape that you like. Use these three spaces to construct and simplify your sigil.



Create your full talisman.

## **Session 12 - Charging Talismans**

Date and Time You Listened to the Program \_\_\_\_\_

What specific purpose are you charging this talisman for?

Who is this talisman for? Will the energy work for you, for anyone who holds the object, or for someone else only?

How long does the talisman have to accomplish its job? Two weeks? A month? Will it last forever?

The answers to these three questions form the statement of purpose that you make during the program.

Listen to the program now.

Please describe your results in a few days or weeks:

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## **Session 13 - Exploring Archetypes: Invoking the Gods**

Date and Time You Listened to the Program \_\_\_\_\_

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>3. Saturn/Kronos- structures, limitation, responsibility, seriousness</li><li>4. Jupiter/Zeus- generosity, abundance and wealth, leadership, luck</li><li>5. Mars/Ares- strength, energy, battle, courage, competition, athletics</li><li>6. Sol/Helios/Apollo- harmony, wholeness, peace, illumination</li><li>7. Venus/Aphrodite- love, desire, aesthetics, beauty, pleasure, luxury</li><li>8. Mercury/Hermes- language, logic, knowledge, science, medicine</li><li>9. Luna/Selene/Artemis- imagination, subconscious, emotion, dreams</li></ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

God-form: \_\_\_\_\_

Desired quality from this god-form: \_\_\_\_\_

Please describe your experience:

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How has this Invocation changed you for the better?

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Please describe your results in a few days or weeks:

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## **Session 14 - Exploring Intuition and E.S.P.**

Date and Time You Listened to the Program \_\_\_\_\_

This time listen to the program divining information about someone with whom you are acquainted who is going through something difficult.

Briefly describe the person and difficulty \_\_\_\_\_

Describe what you received:

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DO NOT GIVE UNSOLICITED ADVICE TO OTHERS. This is simply an experiment. Do not share the information you receive with the person you inquired about unless they specifically ask you for advice without your prompting.

Please describe your results in a few days or weeks

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## **Session 15 - Changing Your Values**

Choose a value you wish to install or move up in your hierarchy of values

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Listen to the program.

How do you feel now?

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## **Session 16 - Breath Awareness**

Please describe your experience:

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## **Session 17 - Rising on the Planes**

Please describe your experience:

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## **Session 18 - Mystical Correspondences**

Date and Time You Listened to the Program \_\_\_\_\_

Please describe your experience:

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## **Session 19 - Creating Sigils**

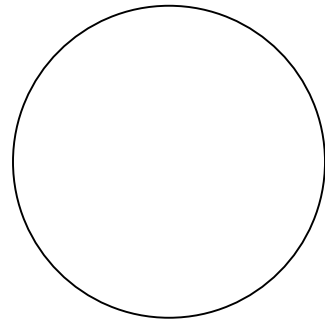
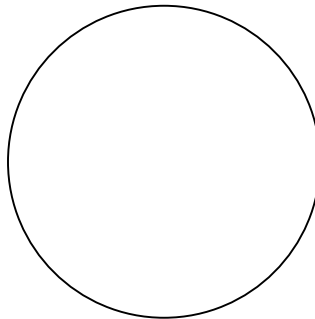
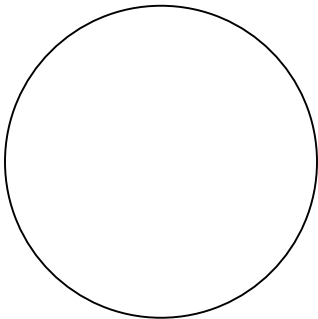
Date and Time \_\_\_\_\_

Your sentence of desire \_\_\_\_\_

Now remove all of the repeating letters so that only one of each letter remains.

---

Combine the letters into a shape that you like. Use these three spaces to construct and simplify your sigil.



Create your full talisman.

## **Session 20 - Charging Talismans**

Date and Time You Listened to the Program \_\_\_\_\_

What specific purpose are you charging this talisman for?

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Who is this talisman for? Will the energy work for you, for anyone who holds the object, or for someone else only?

How long does the talisman have to accomplish its job? Two weeks? A month? Will it last forever?

The answers to these three questions form the statement of purpose that you make during the program.

Listen to the program now.

Please describe your results in a few days or weeks:

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## **Session 21 - Exploring Archetypes: Invoking the Gods**

Date and Time You Listened to the Program \_\_\_\_\_

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| <ul style="list-style-type: none"><li>3. Saturn/Kronos- structures, limitation, responsibility, seriousness</li><li>4. Jupiter/Jupiter- generosity, abundance and wealth, leadership, luck</li><li>5. Mars/Ares- strength, energy, battle, courage, competition, athletics</li><li>6. Sol/Helios/Apollo- harmony, wholeness, peace, illumination</li><li>7. Venus/Aphrodite- love, desire, aesthetics, beauty, pleasure, luxury</li><li>8. Mercury/Hermes- language, logic, knowledge, science, medicine</li><li>9. Luna/Selene/Artemis- imagination, subconscious, emotion, dreams</li></ul> |
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God-form: \_\_\_\_\_

Desired quality from this god-form: \_\_\_\_\_

Please describe your experience:

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How has this Invocation changed you for the better?

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Please describe your results in a few days or weeks:

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## **Session 22 - Exploring Intuition and E.S.P.**

Date and Time You Listened to the Program \_\_\_\_\_

This time, listen to the program, divining about some specific, easily corroborated piece of information in the very near future, such as the results of a sporting event. Election, game show, etc. Keep it simple, and don't gamble. This will reduce your accuracy.

What did you ask about? \_\_\_\_\_

Describe what you received:

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## **Session 23 - Changing Your Values**

Choose a value you wish to install or move up in your hierarchy of values

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Listen to the program.

How do you feel now?

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## **Session 24 - Breath Awareness**

Please describe your experience:

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## **Session 25 - Rising on the Planes**

Please describe your experience:

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