



Ellen  
Dugan

# Natural Witchery

Intuitive, Personal & Practical Magick

I N C L U D E S   B O O K   O F   W I T C H E R Y



## ABOUT THE AUTHOR

Ellen Dugan, also known as the Garden Witch, is a psychic-clairvoyant who lives in Missouri with her husband and three children. A practicing Witch for over twenty-four years, Ellen also has many years of nursery and garden center experience, including landscape and garden design. She received her Master Gardener status through the University of Missouri and her local county extension office. Look for other articles by Ellen in Llewellyn's annual *Magical Almanac*, *Wicca Almanac*, and *Herbal Almanac*. Visit her website at: [www.geocities.com/edugan\\_gardenwitch](http://www.geocities.com/edugan_gardenwitch)

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*Intuitive, Personal & Practical Magick*



INCLUDES BOOK OF WITCHERY

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*We see our place in Nature, we see whence  
we have come and where we are going,  
and we see our relationship to the Cosmos,  
and the whole of life opens up.*

DIONE FORTUNE

☩

## A NATURAL WITCH

Where have you come from, and where are you going, my magickal friend? You are probably, like many of us, trying to sort out your place in the grand scheme of things. Important, personal questions—like what is my magickal style? What should I call myself? Am I eclectic or traditional? Do I want to stay solitary, or should I join a group? How can I make my craft practical and personal, as well as incorporate it into my daily life?—are some of the common issues you face.

Perhaps, with all these questions floating around inside your head, you are feeling a little frustrated. The enchanting things that once thrilled you have become commonplace, and you are struggling to go further, to advance your magickal practice and to grow. I invite you to take another look at the quote at the top of this page. Go ahead, read it out loud. When I came across this quote, I felt a jolt go all the way to my shoes. It made things fall into place for me, and I thought it was important to share that wisdom with you.

A common scenario for those of us who have been in the Craft for a good amount of time is trying to figure out just where we belong—realizing what exactly our relationship is with the divine and, after coming so far in our studies, deciding where we go next. So, here you stand at the crossroads in your life, and now it's up to you to choose which way you will travel onward.

Hmm ... have you considered traveling the path of a natural Witch? It's the one over there. It looks less traveled, and the low tree branches are blocking your view. Take a few steps closer, and check it out. Pull back the draping branches, and you'll discover that this path has indeed been walked by many other Witches over the years. Certainly it looks quieter, but here, surrounded by the hushed sounds of nature, you have the opportunity to look within.

Practicing as a natural Witch is a very traditional role. It's my thought that the term "natural Witch" simply defines a type of person who quietly follows the ways of the early wise women and cunning men. In the old days, these wise folk were the magicians, mystics, and healers of their communities.

This is where our folklore and traditions originated from, after all; the long-established ways of the wise ones are beautiful, elegant, and simple.

These original practitioners lived in harmony with the land. They worked their craft quietly, relying on their instincts and intuitions. Magick and spirituality was a part of their everyday life, for they were in tune with the tides and rhythms of nature and the movement of the animals. They hunted, grew their crops, raised their families, and practiced their craft naturally, with the four elements and simple, earthy, and practical supplies. They were the true natural practitioners.

Much to my surprise, the term “natural Witch” is a somewhat controversial one these days. Such a fuss over something that is, at its very heart, so simple. There are some folks who don’t like the term—they think it’s too fluffy-bunny—and others who embrace it wholeheartedly.

Some nice women that I met at a festival a few years ago actually asked me if it was okay to refer to themselves as “natural Witches.” They were troubled because they had read online somewhere that wasn’t a politically correct title to call oneself.

So there we stood in the middle of a clearing, me in practical jean shorts and a T-shirt and they in flowing floral sarongs. I was surprised by the question, as we had all been chatting about herb gardening for a while, and I guess they felt that they had to work up to the question. At first, I almost giggled, thinking they were teasing me—until I took a good look at their faces and saw that they were very concerned and upset that they might be committing some type of horrific magickal faux pas.

My answer to them was that they should refer to themselves in whichever way they pleased—to go with whatever title or term seemed correct to them. When they asked how they would know for sure, I told them to listen to their hearts for that inner *click*, and to pay attention to their intuition for that sense of “rightness.” If they felt that, then they would know.

Well, their reactions were beaming smiles all around, followed by a hug and a thank-you. And I will admit that I was surprised by their relief to have someone tell them it was okay and not to worry about titles and such. But they did make an impression on me, and for the rest of that festival I was very aware of how folks referred to themselves and their various traditions.

## IS A NATURAL WITCH AUTHENTIC?

A natural Witch claims the right to live as they choose. They grow in their craft and learn by trial and error. They work quietly with the four elements and natural spell ingredients, and they rely on personal study, their own common sense, and, of course, their intuition. These magickal practitioners answer to a tough ethical standard: their own conscience.

Here is a question for you to consider. What do you imagine really makes a Witch authentic? Is it lineage, tradition, or degrees? Or is it how the individual expresses themselves in the Craft and how they interact with the gods? Could it possibly be as simple as defining a natural Witch as a person who

senses the spirit or the magick in all things?

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Yes, it is just that simple, if the Witch is sincere.

A Witch naturally experiences and works with the psychic tides and energies of the moon. They explore the elemental strengths with their own personalities and work for wisdom and knowledge by tapping into the power and themes of the four seasons. They have a flair for ritual and know that spellcasting is, in essence, a reworking of fate. A natural Witch recognizes that the simple act of writing a spell, creating an herb-laden wreath, or placing crystals around a consecrated candle, if done with intention, can achieve wondrous results. And they know this because they have an awareness and appreciation of nature and a reverence for the intuitive and magickal energies present in all things.

So you just go right on ahead and take this opportunity to express yourself naturally through your magick. Enjoy the opportunity for personal magickal development. Create wonderful changes, and celebrate your right to grow and to become an adept practitioner. The idea behind natural witchery is that magick is an art. And all art is full of growth, discovery, personality, intuition, creation, and self-expression.

This is your time, and this is your own personal path to travel. So center your energy, and take a few quiet moments for preparation. When you feel ready, turn the page, and let's begin to walk this enchanting path together. Here, you will have the opportunity to learn more about yourself and your natural abilities, and discover how to conjure up your own individual brand of witchery and magick.

Enjoy the journey.

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*The most beautiful experience we can have is the  
mysterious ... the fundamental emotion which stands at the cradle of true art and  
true science.*

ALBERT EINSTEIN

## THE NATURAL WITCH AND INTUITION

The natural Witch is often self-trained. These down-to-earth practitioners absolutely rely on studious personal judgment, and their intuition. It has often been said that a Witch never stops studying and learning. This statement is very true and at the heart of the natural Witch's craft. I find it interesting that if you look up the meaning of the word "craft" in *Webster's New Collegiate Dictionary*, you'll discover a most illuminating definition: Craft (n.) 1. Strength, skill. 2. Skill in planning, making, executing. 3. An occupation or trade requiring manual dexterity or artistic skill.

Witchcraft is a craft. It requires hands-on practice as you study and learn to become proficient at it. And just like any other type of craft, it can take years to find your own style and to develop your own personal techniques. And if you remember nothing else, remember that. This is about exploring your magickal preferences and celebrating your magickal style.

I honestly don't care how Hannah the High Priestess does it three states over; I care about you and what *your* interests and talents are. For this is how you become an adept practitioner. You get in there, rely on your instincts, roll up your sleeves, study, experiment, and do the work. Welcome to a journey of self-discovery.

So what makes you *you*? Defining who we are is more than the size of clothing you wear or the color of your eyes and hair. Our individuality comes from a light that is inside of us: that divine spark we all carry. It's our insights, spirits, and personality. Trying to categorize Witches and magickal practitioners is a tough job. Sure, we all have our favorite ways to describe ourselves, but let's step outside of the box, shall we? Celebrating our diversity in the Craft is an amazingly wonderful thing.

We are *not* all the same—thank Goddess! We each have our own ideas and ways of practicing our craft. This should be celebrated, because that's what makes us powerful, our personality and our individuality. And don't you ever forget it.

If you'd like to celebrate your right to be a magickal individual who listens to their intuition and

follows their heart in the Craft, you have come to the right place. If these qualities remind you of yourself, then a natural approach to witchery is a good place for you to hang your Witch's hat. In the past, I have explored magick in the garden, in the home, and on each and every day of the week. This time, I want to go a little deeper and discuss our spirituality and individuality and to focus on our intuitions.

Learning how to trust your intuition, instincts, and psychic impressions is a phenomenal way to boost the power of your natural magick. And before you start to argue, *everyone* has intuition and psychic abilities! It's simply up to the individual to look inside and to realize their own potential. Just as the Charge of the Goddess states, if you can't find what you're looking for within yourself, you will never find it without.

Now is when you must search deep inside your psyche and learn to be comfortable with yourself. I promise if you have the courage to do that, then you can develop new skills and a sensitivity to the magick around you. You will comprehend how to influence your environment and how to live your magickal life to the fullest. Together, we will discover how taking the journey within makes us stronger, unique, and more adept practitioners of the Craft.

*The more we know, the better our intuition.*

CHRISTINA STEAD



## INTUITION: WHAT IT IS AND WHY IT IS IMPORTANT

Magick is not only about working in harmony with the four elements and the natural world, it also involves listening to your intuition. Intuition itself comes from the primitive part of our brains—the primal force called the survival instinct. This force communicates vital information from a different level of the consciousness, sometimes dramatically, sometimes mundanely. Intuition doesn't arrive with swirls of pixie dust and an enchanting chime of harp strings; it's simply always there.

Intuition may be defined as a quick and ready insight and immediate apprehension or cognition—the good old-fashioned “gut hunch.” You just *know*. For example, parents are very intuitive. They usually instinctively know when one of their kids is up to something or if one of them is ill. How about that feeling in the pit of your stomach that makes you turn around just in time to yank your toddler away from the hot stove? Or the hunch that makes you change lanes while driving because another driver is making you nervous, just in time to see that driver cut someone else off? When you realize with a start that if you hadn't paid attention and followed that hunch, you could have been in an accident. *That's* your intuition.

Discovering your psychic abilities and working with your intuition is more simple than you think. It's easier to trust your instincts when you feel a Witch's connection to the natural world and the divine. This psychic ability is part of your genetic makeup, and it is a tool and an ally. Once you learn how to honor and tap into your intuition, your magick and your life improve for the better.

One theory I found is that *magickal experiences are intuitive experiences felt at the spiritual level*. When I uncovered this, I was thrilled. Intuition isn't just a psychic thing; it is so much more. This natural ability corresponds with the magickal trinity of the earth, sea, and sky. No fooling! Intuition is associated with three main levels of awareness: the physical level, your bodily sensations, which tie to the earth; the emotional level, your feelings, which corresponds to the element of water and the sea; and finally the mental level, images and ideas, which links the element of air and the sky.

Paying attention to and then acting on your intuition is a leap of faith. It is a daring thing to do. Everyone has some type of psychic ability, and intuition is one of the easiest psychic abilities to connect with. And I'm about to show you just how to go about it. In this chapter, we will take a look at the different types of psychic abilities and see how to identify and access them. Let's get better acquainted with intuition so we can incorporate this very personal and individual psychic power into your life and your magick.

*The psychic mind is both the key  
and doorway to our magickal talents.*

CHRISTOPHER PENCZAK



## PSYCHIC ABILITIES AND THE CRAFT

As magickal practitioners, it is well worth taking the time to explore our psychic abilities. Acquiring an understanding of what our individual gifts are and how they work will enable us to connect with the wisdom deep within our own souls. This makes perfect sense to me, as the word *psychic* originally comes from the Greek word *psyche*, meaning "soul." This chapter will help you identify and discover your own strengths, as well as present ideas for adding this soul-power to your magick.

Without a doubt, we all have psychic abilities of some sort. If you look up the term *psychic* today, it is typically used to describe a person who is sensitive to nonphysical or supernatural forces. Not personally, I don't buy into the term *supernatural*. Intuition and psychic abilities are perfectly natural; there is nothing otherworldly about them. I think a better term is "unseen." These unseen forces are all around you, all the time. To sense them, you need only to open up your awareness and take your sensitivity to a whole new level. So, how do you start? By acknowledging your intuition. This act can open up a person to many new levels of consciousness.

You do have the right to follow and express your intuition. Intuition is sometimes called the sixth

sense. The sixth sense is beyond the traditional five of hearing, sight, smell, taste, and touch. The sixth sense is an internal awareness and a sense of perception that is outside of the expected, everyday flow of physical impressions and thoughts. These intuitive messages can be subtle—you may not even realize they are there until you train yourself to pay attention. At other times, they may grab hold of you and not shake loose until you focus on what they are trying to tell you.

Some folks will experience intuition as a quick spark of inspiration or sense it as a strong “gut hunch.” You know, that feeling you get down in your belly that tightens painfully until you pay attention? That’s a gut hunch. Other people think of it as an inner voice that whispers to them, and some folks experience psychic abilities in full-color images and visions. It’s also common to get a combination effect of several of the above. No matter how it manifests, intuition is a powerful guide and ally.

Well then, how do you get the psychic abilities to “turn on”? You start by testing yourself and then you practice and begin working out those psychic muscles. There are a few tips and tricks I have learned over the years, and these psychic exercises can help you trigger your extrasensory abilities. Everyone can benefit from these exercises, and besides that, they are a lot of fun to do. The reason for flexing these new mystical muscles is simple: the more you develop your psychic abilities, the clearer your own magickal path can become.

## PSYCHIC EXERCISES

### *Light Up Those Chakras*

The seven chakras are zones of energy. Picture them as glowing orbs of energy arranged in a line straight down the center of the body. The chakras are all the colors of the rainbow:

CHAKRA	LOCATION	COLOR
root chakra	base of spine	red
belly	abdomen	orange
solar plexus	beneath rib cage	yellow
heart	middle of chest	green
throat	hollow of throat	blue
third eye	middle of forehead	violet
crown	top of head	white

One of the basic steps to turning on your psychic abilities is to light up the chakras. By this, I mean you envision them as pulsing with bright, glowing colors.

Studying the energy centers of the body could fill up an entire book on its own, but we are going to keep this simple here. This is a visualization exercise that only takes about five minutes. It calls for

you to picture the chakras as glowing orbs of energy, and then turn up their light, so you visualize them glowing brightly and pulsing with energy.

Begin by getting out paper and a pen so you can quickly write down your impressions when you are finished with the exercise. Set them in a handy spot nearby. You can start this exercise by sitting easily on the floor and resting your hands comfortably in your lap. Roll your head around gently, and stretch out your neck and shoulders. Close your eyes. (This act will force you to focus on your psychic impressions, not your physical ones.) Take a few deep, cleansing breaths, and ground and center yourself.

Now picture the root chakra that sits at the base of your spine. This orb of light is bright red. The root chakra is known as the seat of power, and it is a place of raw energy and a grounding force. The root chakra connects you to the physical world. Picture this ball of light as glowing with a vivid red and warm light.

Next move up to the belly chakra. This chakra center is between the base of the spine and your navel in the abdomen area. This sphere of light is orange. This chakra is thought to influence your instincts, emotions, and personal power. This is the area where “gut hunches” begin. Light it up and see the orb as glowing a beautiful, bright orange. If you feel your belly clenching as you turn on this power area, take a deep breath, and try to relax those muscles. After a moment, go ahead and move on.

Now we go to the solar plexus. This is directly beneath the rib cage and above the navel. This orb is a brilliant yellow color, and as you focus on this area you may notice it tightening up as well. What do you sense when you focus on this psychic center? This is considered the “soul area,” and your psychic intuition and personal power are linked to this region of the body, as is your magickal will. This is the energy center where psychic impressions physically gather. At this point of the body, you can literally feel the intuitive impressions tighten up your muscles. Give yourself a moment to experience this sensation, and gather any impressions as you light up this area.

Next, turn your focus to the heart chakra. It will be a gorgeous grass-green color, found right where you'd expect it—the middle of the chest. From this energy center, your emotions and love radiate out. Unconditional love and strong emotions come from this chakra. Light up this sphere and feel the sensation of perfect love and perfect trust spread out through your whole body. Enjoy this love sensation for a bit, and then move on to the next chakra.

The throat chakra is located at the hollow of the throat. This chakra is a stunning sapphire blue. Turn it on, and visualize it as glowing bright along with the other chakras. This chakra controls how we communicate with others and how well we listen. Psychic hearing is governed from this area. As you visualize this chakra expanding and lighting up, listen carefully and see what your inner voice has to say.

Next, shift your focus up to the middle of your forehead, the third eye area. This chakra is a gorgeous

amethyst-violet color. This energy center is the point of your psychic vision and perception. Illuminate this orb of light. Take a moment to experience the difference in your awareness as you focus on the center of energy that clairvoyance (called psychic sight) comes from. Give yourself a short time, and “see” what you can perceive.

Lastly, shift your attention to the top of your head, called the crown. The crown chakra is a brilliant white, and this where we experience and sense the divine in our lives. Here is where you link to the God and Goddess, in everyday life and during magick. From this chakra, we experience divine love. Let this orb billow out in a dazzling white halo, and take a moment to experience the love of all creation.

Now that all seven chakras are lit up and pulsing with positive energy, take a few moments and enjoy the experience. What sort of psychic impressions are you gathering? Does one part of your body feel more “turned up” than the others? Focus on it, and ask yourself what you need to know. Don’t think this to death; just see what you feel.

After a little while, turn down the brightness of the chakras. I like to picture a dimmer switch that you turn so the light gets softer. If it will help, pantomime the action of turning the switch down in a counterclockwise turn. If you notice one of the chakras is still bigger than the others or you have a tightening in one part of your body, take a deep breath, and make those muscles relax. If it helps, rub your hands over the area to help the muscles loosen up.

Then reach down to the floor directly in front of the base chakra and “zip” all the seven chakras closed. Raise your hand up in front of your body, in a straight line, and finish up as high as you can reach. No muss, no fuss. If you don’t fling your arm around, it appears to the casual observer that you are merely stretching.

Ground and center, placing the palms of your hands flat on the ground. Hold that pose for a moment so that you may send any excess energy safely back into the earth and so you can pull up stabilizing energy from the earth as well, should you need it. Allow yourself to relax. Once you’ve done that, open your eyes, place your hands in a natural pose, and relax your posture. Take some time to journal down your impressions. Now that you’ve worked your way through this chakra exercise once, it only gets easier and quicker every time.

### ***Receive Psychic Impressions as Easy as 1-2-3***

If you want to receive psychic impressions swiftly, light up the chakras in order, just as in the first exercise. Then visualize the belly (orange), solar plexus (yellow), and third eye chakra (violet) spinning, expanding, and growing larger than the rest of the other chakras.

Hold this image in place for a few moments, and allow your perceptions to open up. Shift your attentions inward, and let your mind drift. What do you see, hear, or sense? What pops into your mind?

and what causes you to have a physical reaction? By that I mean what impressions made your solar plexus or belly area tighten? After a few moments, turn the power down so all the chakras are the same size and intensity. Now zip them closed, and ground and center. Jot down your impressions. The 1-2-3 technique also comes in handy while working with any divinatory tool, such as the tarot or runes. It also helps when practicing psychometry, the psychic reading of objects by touch.

### ***Find the Ace of Spades***

This is a simple and fun way to warm up those psychic muscles. You will need one deck of regular playing cards. We'll work with playing cards here, because the images are bold and simple.

From the deck, pull out the ace of spades, the ace of hearts, and the ace of diamonds. Set the rest of the deck to the side. Now turn the three aces face down on a table, and mix them up well. Slide them back and forth in a circular motion over each other until you have no idea where the ace of spades is. Now, keeping the cards face down, line them up from left to right in a horizontal line in front of you. Now hold your hand over each card (without touching it), and guess where the ace of spades is. Think only about the suit of spades and the color black. Turn over your choice. How did you do?

With this exercise, you'll get to experiment and see how your intuition communicates with your conscious mind. You may hear an inner voice saying "this card." You may see the ace of spades in your mind's eye or the card may have a different "feel." Your solar plexus area may tighten up when you hold your hand over the correct card, or you may just know.

Try this exercise again, only this time touch the cards—see if that helps you find the ace of spades more easily. Then repeat for as long as you like. When finished, take a moment and write down how you intuited the correct card most often. Was it by listening to an inner voice? Did you sense the ace by touch? Or did you just instinctively know? Were you able to gather the information by a psychic visual impression or by tuning in to your solar plexus and following your gut hunch?

Now that you have your intuition turned on and are warming up and beginning to understand the process, let's take this neat little test and see where your psychic strengths lie.

*The intellect has little to do on the road to discovery.*

*There comes a leap in consciousness, call it intuition*

*or what you will, the solution comes to you*

*and you don't know how or why.*

*The truly valuable thing is the intuition.*

ALBERT EINSTEIN



DISCOVERING YOUR PSYCHIC ABILITIES

This quiz is divided up into five separate sections, each one representing a different psychic ability.

This test uses a simple scoring method to give you an overall idea of where you stand in the range of psychic awareness. There are several questions in each section for you to read and then answer.

On a separate piece of paper, make five separate columns. Then write the topic heading of each section down, and add the numbers one through ten to each of the five sections. Read each numbered statement, and then write your yes or no answer down next to the corresponding number. Now, don't overthink these statements. If they honestly apply to you, then mark down "yes." If you start thinking *Well, that sort of happened to me once, three years ago...*, then your answer is "no."

### ***Clairaudient Quiz***

1. While I am speaking to friends, I know what they are going to say—*before* they say it. (yes/no)
2. As I begin to fall asleep, I hear a voice call my name. (yes/no)
3. I often hear a friend or family member's voice in my head, even when they are not physically with me. (yes/no)
4. I hear key phrases or words in my mind that then play out immediately in real life. (yes/no)
5. When I am frightened or nervous about something, I hear a comforting and calming voice out of nowhere. (yes/no)
6. If I have a person's name stuck in my mind all day, I typically receive a "surprise" phone call or visit from them. (yes/no)
7. I will have a song spontaneously pop into my mind that then provides me with insights or information for a particular problem. (yes/no)
8. I always pay attention to my "inner voice." (yes/no)
9. I hear what other people are thinking. (yes/no)
10. It is essential to me to use the sounds of nature to unwind. (yes/no)

### ***Clairvoyant Quiz***

1. I regularly experience premonitions. (yes/no)
2. I feel that I can understand a pet or a loved one by looking into their eyes. (yes/no)
3. When I close my eyes, I can see actual images in my mind's eye. (yes/no)
4. I mistrust people who will not look me in the eyes or who look away while speaking to me. (yes/no)
5. I am attracted to light-filled rooms and bright, sunny colors. (yes/no)
6. Visualization techniques come easy for me. (yes/no)
7. While being taught something new, I do better by being shown as opposed to being told.

(yes/no)

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8. I have experienced a clairvoyant vision while I was awake and aware of my other surroundings.

(yes/no)

9. I insist upon having fancy props and elaborate altar setups while I work my magick. (yes/no)

10. I would describe myself as a visual type of person. (yes/no)

### ***Precognitive Dreamer Quiz***

1. I always remember my dreams, both good and bad. (yes/no)

2. I daydream in clear color pictures, complete with emotions and sound. (yes/no)

3. As I drift off to sleep, unexplained images regularly pop into my head.

(yes/no)

4. I have precognitive dreams. (yes/no)

5. My “psychic dreams” tend to be clearer, louder, and more vivid in detail. (yes/no)

6. My dreams influence me during the daytime. (yes/no)

7. I consider the bedroom my sanctuary. (yes/no)

8. I enjoy working with symbolism as an integral part of my magickal practices. (yes/no)

9. I enjoy solving puzzles or figuring out a mystery. (yes/no)

10. I have a vivid imagination. (yes/no)

### ***Intuition or “Prophetic Knowing” Quiz***

1. I have experienced a foreboding feeling (which may be described as a “sinking feeling in the pit of the stomach”) about a person, place, or serious situation that then actually happens. (yes/no)

2. I tend to blurt out whatever comes to my mind without first thinking it over. (yes/no)

3. While driving, I often get a hunch about another driver—that they will do something dangerous or cause something to happen—and as I back off the other vehicle (just to be safe), it turns out I am correct. (yes/no)

4. I act on my “gut hunches,” which is followed by a positive affirmation that it was the correct thing to have done. (yes/no)

5. I rarely worry because I “just know” things will turn out all right. (yes/no)

6. I let my instincts guide me while searching for a book or other new item to purchase. (yes/no)

7. I make major decisions quickly and correctly, as if by instinct. (yes/no)

8. I wake up right before the alarm clock goes off in the morning. (yes/no)

9. While working magick, I follow my instincts more than correspondences or guides. (yes/no)

10. I consider myself a quiet and contemplative type of person. (yes/no)

## ***Empathy Quiz***

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1. As I enter a room, my first thoughts and impressions are usually about how the room “feels” to me. (yes/no)
2. I am easily influenced by other people’s moods and emotions. (yes/no)
3. Being in a large crowd makes me feel physically uncomfortable and bombarded emotionally. (yes/no)
4. When I meet someone for the first time, I gather my impressions and assess them by how they make me feel, despite how they act. (yes/no)
5. I find the atmosphere in hospitals to be very uncomfortable, to the point where I feel physically ill. (yes/no)
6. I dislike and will try to avoid casual touching in social situations. (yes/no)
7. Having heirloom items or antiques in my home makes me feel uncomfortable because of the memories they carry. (yes/no)
8. I experience a feeling of “butterflies in the stomach” or a tightening of the solar plexus area when I am contemplating the possibility of an angry verbal confrontation or physical danger. (yes/no)
9. I am able to sense another person’s emotional state by touching them. (yes/no)
10. I have my feelings hurt very easily and am quickly moved to tears. (yes/no)

### **SCORING THE TEST**

Yes = 2 points

No = 0 points

Add up the scores and see which of the five areas you scored the highest in. Remember that you are going to have five separate scores. Use the following list to give yourself points for each of your answers in their respective categories. You may find there were a few sections that are very close in score—and if so, that’s normal. We all use a mixture of intuitive abilities. The highest section that you scored in overall will show you where your natural psychic talents lie. Once you have checked off your scores, be sure to look at the following section, “Types of Psychic Abilities,” where there is more detailed information about each of these five types of psychic abilities and also some insights as to why certain statements were on the quiz.

### ***Section Scores***

**If you scored 0–8**

My friend, you have work to do! You don't often pay attention to your psychic abilities, or perhaps you lack faith in them. You may sense *something* but are often at a loss as to how to tune in and understand the messages you receive. Now, it may simply be that this particular psychic ability is not your area of expertise, or you may need to open up your mind a bit and explore all the possibilities. Time will tell. Work the exercises in this chapter and get those intuitive skills up and running!

### **If you scored 10–14**

You are usually in touch with this psychic sense, even though you may not understand what is happening. Confidence is the keyword here. Keep track of your experiences, and document and validate them. In time, a pattern will emerge, and you will begin to comprehend your individual intuitive skills better than you ever imagined. Practice the Easy as 1-2-3 exercise on page 11, and try using your intuitive skills every day. Pick a favored divinatory tool and start working it!

### **If you scored 16–20**

You are very aware that you have psychic abilities and rely on this particular talent often. While you may not have much practical experience combining them with magick, this shouldn't be hard for you to dive into. Read further along for more information on your particular area of skill, and then begin incorporating this intuitive side of your personality into your magick for some truly spectacular results.

## TYPES OF PSYCHIC ABILITIES: HOW TO INCORPORATE THEM INTO YOUR MAGICK

### ***Clairaudience***

Clairaudience means “clear hearing”: think of having psychic headphones on. This power is often centered at the base of the throat and up and around the lower sides of your head, around the ear area. Telepathy is associated with clairaudience, though telepaths often hear other people's voices or occasionally thoughts from another person's mind, or they simply hear what is not said—think of it as “hearing between the lines.” This form of psychic information may seem a little creepy to some folks—and unless you are used to listening to your own inner monologue, it can be startling. With this type of psychic ability, the inner voice is usually a subtle and gentle nudge. If a feeling of nervousness or unease accompanies the “messages,” then it may be very loud indeed, in order to get your attention.

Clairaudience involves the reception of extrasensory signals as a word, a sound, or even a song. Individuals who have this ability often try to talk themselves out of it. They are analytical thinkers and need to have clairaudience proved to them, and often. Since they pick up so much anyway, it's easy for them to tune it out and dismiss the impressions as coincidences. So how do you tell the difference between background noise and telepathic receptions? You pay attention to your body—it will tell you.

accompanied by a physical reaction. You get a rush, your face may feel warmer, your stomach muscles tighten, or your stomach “drops.”

If you'd like to incorporate clairaudience into your magickal life, try asking yourself questions about planned spells or rituals, and then “listen” to your inner voice for the answers. Mantras and keywords will also work wonderfully for you, so choose a few positive ones and repeat them silently in your head when you need them. For a protection mantra, try this: “I stand in circles of light that nothing may cross.” To boost your prosperity, try “I manifest prosperity in my life, in many ways and every single day.” For self-healing, try “I manifest health, happiness, and strength for myself in the best possible way.” For keywords, that's really easy. Just pick a few, such as “health,” “success,” “protection,” or “wisdom”—you get the idea. Most folks who have strong clairaudient tendencies are quick thinkers, very direct, and are the no muss, no fuss type. So just keep it simple, and go with what works the best for you!

## ***Clairvoyance***

This term means “clear seeing.” A clairvoyant sees images and pictures that may be symbolic, or they can be as intense as watching a miniature psychic movie scene inside your mind. These visual images are spiritual messages. This psychic talent is linked to the third eye chakra, where you receive the visual images from your mind's eye. To sharpen the images, try closing your eyes. This shifts your focus internally, and it has always done the trick for me.

There are a few different types of clairvoyant images. There can be a perceived picture, symbol, or an actual full-blown vision that lasts a moment or two. Here a psychic scene plays out in your mind and these may be scenes from the past, present, or future. The environment you are in, the way people appear, the clothing, and the atmosphere will tip you off as to whether you are looking at the past, present, or future. Also ask yourself, slowly, “Am I seeing the past ... present ... or future?” Note which word causes a physical reaction, such as the solar plexus tightening. Whichever word causes a physical reaction, there's your answer.

You can incorporate clairvoyance into your magick quickly and easily. How? By using visualization. If you can't visualize, your spells will flop. Having a talent for receiving visual images and messages is like having the volume turned up on magick. You've got the power already, so just crank it and go ready to rock and roll. Envision your spell's outcome and see it as being manifested. Since you are already a visual type of person, this is a snap. Also, setting up and plotting out magick will be a breeze for you, as you have that mental picture to focus on.

On an interesting note, clairvoyance is linked to precognitive dreams. Since dreams are visual images, they do go hand in hand with clairvoyance. Chances are if you scored high in clairvoyance then your precognitive dreams score is higher as well. So look over the next section, too, and see what

you discover.

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## ***Precognitive Dreams***

Precognitive dreams are usually full of symbols and emotions and have a vivid type of compelling force behind them. The easiest way to tell the difference between just a dream and a precognitive dream is the strength it carries behind it. These vivid dreams may jolt you awake or pop into your head as you lay in bed in the morning waking up. Also, you are usually present and have an active role in these dreams. Interpreting these dreams for yourself isn't difficult after all of the psychic senses are linked together. Look back at the dream, and ask yourself what you felt and what phrases popped into your mind. What do you *just know* about them?

Keeping a dream journal is one way to notice patterns and trends. For example, women may find that at different times of their monthly cycle they will have more vivid dreams. Also, the moon's cycles of waxing and waning may come into play. Keeping track of your dreams by noting the date and lunar phase—and of course writing them down—will offer you valuable clues. In your dream journal, you can jot down your dreams, and note any emotions or intuition that you feel as you transcribe the dream. In time, you will begin to notice patterns and symbols.

## ***Intuition***

Intuition is an immediate insight sensed as a cognition or apprehension: the “gut hunch.” With this talent, you go with your gut—and follow your heart. This ability of intuition is also called “prophetic knowing.” In the simplest terms, you *know*. The area of energy in the body that this ability comes from is the top of your head: the crown chakra. The great thing about intuition is that it's lightning fast. You don't have to examine the visions (as a clairvoyant would) or consider that internal voice and then interpret what the messages mean (as a clairaudient does). Again, you'll know. And that knowledge will ring clear for you, and you will recognize it to be true to your very soul. You will experience that sensation in your gut—a “hunch”—and you can then quickly follow your instincts.

Since intuitive folks are so sure, confident, quick, and clever, they are the least likely to worry and fret about the outcome of things. So if this is your area of power, use this to your advantage in magick. Get in there and follow your inner wisdom, and do the magickal work you know to be the best for yourself and the situation. Follow your instincts, and see where they lead you. Use your intuition as a quick, practical, and clever guide to magick and spellcraft.

## ***Empathy***

Empathy is also known as clairsentience. An empath is a person who can physically “tune in” to the emotional experience of a person or place. They sense attitudes, emotions, and sometimes physical ailments. It is believed that empaths sense the vibrations and “feel” of the human aura. The aura is the naturally occurring energy field that surrounds all living things. It can be seen, felt, and even

photographed. Every aura is unique, and it leaves traces behind, no matter where you go. The aura may, in fact, linger around objects or places and that “lingering energy” is what an empath senses and their intuitions. I should also point out here that the ability to read objects is called psychometry.

In psychometry, an empath senses a person’s energy that lingers on an object, such as a ring, for example. They read this information through touch and can deduce information about the individual’s personality and life, whether they are living or deceased. They sense and feel on an emotional level who the person truly is (or was). This psychometric ability is strongly tied into the emotions, just as you’d expect with an empath.

The psychic reception area for an empath is located in the solar plexus region and is linked to the same chakra point. In this area of the body there are tons of nerve networks, and they flare out over the abdomen like an intricate web. This chakra point is tied into your creativity and your emotions, which takes the mystery right out of why this is an empath’s power center. With an empath, it’s all about how they feel: what emotions they pick up and what sentiments they sense.

Empaths can be overly sensitive to touch from a stranger or may dislike crowds, antiques, or environments such as hospitals. So they have to learn how to “toughen up” and block overwhelming memories and sensations. I’m not being unsympathetic here; I’m one of those people who is very empathic. It can be tough, but I learned how to block and shield so I wouldn’t be so overwhelmed by other people, their memories, and emotions all the time.

For empaths, psychic protection is a necessity. Take the time to ground yourself and to “zip up” those chakras so you don’t become bombarded with other people’s negativity and bad vibes. Visualize a shield of blue light surrounding you. Also, I have found that folding your arms across your middle will block out any negative emotions as well. This gesture physically blocks all those psychic receptors in the solar plexus region, and it muffles them, giving you an immediate break.

Also, in a pinch, if you are feeling bombarded with other people’s emotions, try washing your hands—running cold water over your hands will break the emotional link. Just quietly excuse yourself to go to the restroom. This gives you the opportunity to walk away from an overwhelming situation and the person that you are picking up on. Once you have physically removed yourself from the situation with the person, ground yourself and then follow that up by washing your hands. Quick, clever, and very, very effective.

In magick, empaths have a built-in safety net to keep them from even considering negative work. Why? Because it’s very easy for an empath to understand exactly how it would feel to be on the receiving end of manipulative magick. On the plus side, empathy can help you work a spell for another. Your emotions are easily matched to theirs, and this can be a large help while working, let’s say, a requested healing spell for another person. With empaths, their emotions and compassion always lead their magick. So if this is your strongest trait, then celebrate it, and let your sentiments

guide you into strong, beautiful, compassionate, and ethical magick.

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