



I. Introduction

- A. Opening, Accepting, Connecting
 - 1. Controlling \leftrightarrow Over-Controlling
 - Surrender \leftrightarrow Abandon
- B. Breathe First!
 - 1. Breath To Blood To Bone
 - 2. Color Breathing
- C. Crown Of Power/Personal Kether
- D. Sources Of Power
 - 1. Mind, Voice, Motion

II. Energy Fitness

- A. Drawing, Raising, Calling Power
- B. Strength, Flexibility, Flow
- C. Exercises
 - 1. Pushing Exercise
 - a. Shield Variant
 - 2. Aura Stretching Exercise
 - 3. Chimney Exercise

III. Moving & Holding Power

- A. Relationship To Your Energy Field
 - 1. Through
 - 2. Around
 - 3. Untouched
 - a. Interaction At A Distance
- B. Solar Orbit Method
- C. Using Physical Motion
- D. The Ways Of Power

IV. Exertion + Rest = Progress

- A. Gentle Shields
- B. Timeframes
- C. Ethereal Anatomy

V. Recovery Tools

- A. Invoking Self

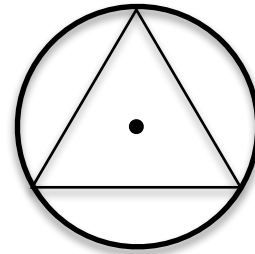
- B. Simple Recharge Methods
- C. Store Your Pattern/Power

VI. Shaping Power & Containers

- A. Magickal Tools
- B. Thought Forms As Tools/Containers
 - 1. Cones, Spheres, ...
 - 2. Tubes, Funnels, ...
 - 3. Mirrors, Filters, Nets ...
- C. Etheric Construct Exercise
 - 1. Collecting & Shaping
- D. Names & Words
 - 1. Glyphs & Sigils

VII. Questions & Closing

- A. Q & A

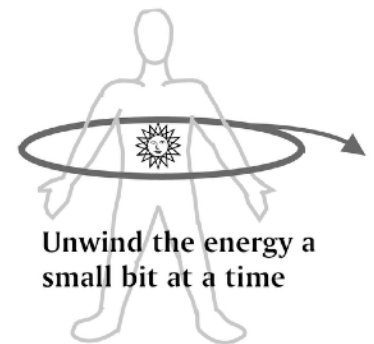
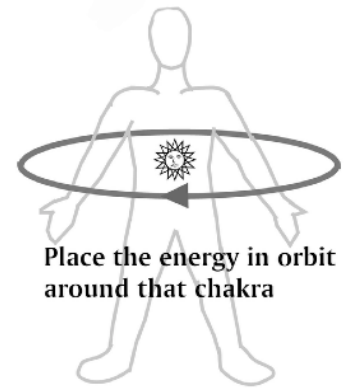
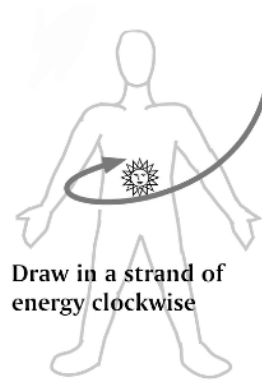
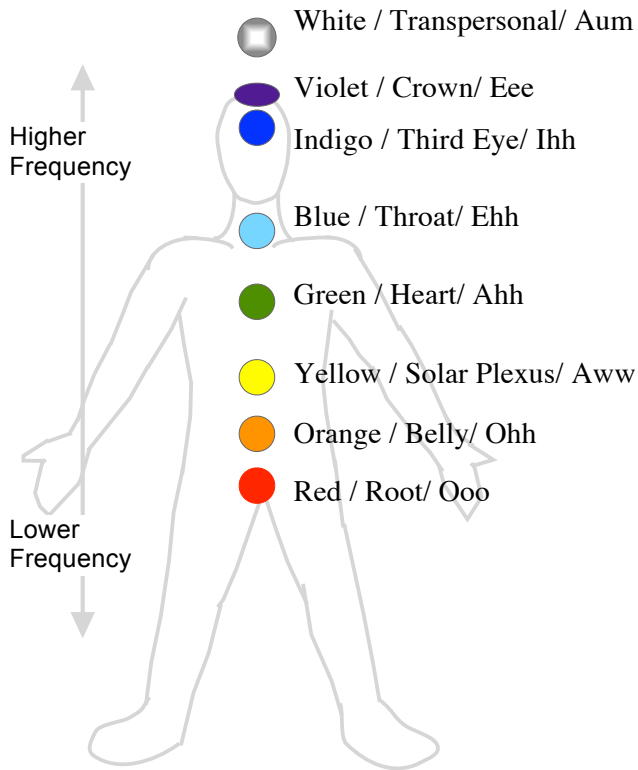


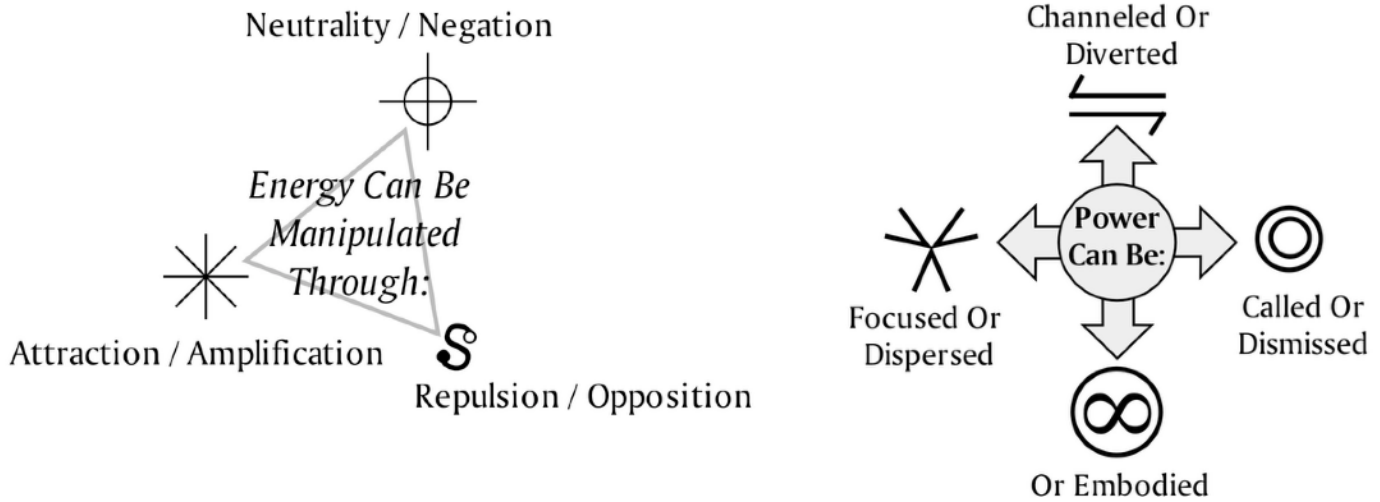
Invoking Self

*Let all that is of me return
and find its place within me.
I heal into wholeness with awareness returning
at the rate that is best for me.
To make room in myself,
I expel all that is not truly mine.
I invoke all my Selves, all my parts, into myself
that I may heal and grow.*



Energy Management Practices





Strength is the capacity to direct one’s energies to push or to pull with or against another flow of energy. Strength is also the ability to hold the shape of the subtle bodies constant against internal or external changes to energetic pressures or flows.

Flexibility is demonstrated by the power to extend, to stretch, and to reshape the subtle bodies. The quality of flexibility is also expressed by the range and the distance of motion before there is a discontinuity, a crack, in the auric layers or a shearing or sliding that dislocates the alignments between subtle bodies.

Flow is partly a measure of the volume and the rate of energy that can pass through or be controlled by the subtle bodies, but there is a more critical measure relative to preventing injury. The quality of the flow is greatly affected by the amount of constriction, resistance offered to the flow and the amount of turbulence introduced into the flow by irregularities in the subtle bodies.

Lock & Pull



Place your weaker hand underneath the vortex/structure that you would like to move. Push energy through all 5 fingers



Begin to draw energy towards you with the thumb, index, and pinky of your stronger hand.



Place the hand held in the Triangle position over the hand help flat to grasp and pull the energy structure.